

OVERTHINKING — IS — EXHAUSTING

Quiet Your Mind. **Stop the Spiral.**



26 Tools to Stop Overthinking,
Break Negative Spirals, and
Build Your Own Quiet Mind Toolkit

C A R M E N L E A

A SNEAK PEEK INSIDE

A short preview of **Overthinking Is Exhausting**
Quiet Your Mind. Stop the Spiral.

Inside the full book are **26 practical tools** for interrupting overthinking, breaking negative spirals and building your own Quiet Mind Toolkit.

This preview gives you the opening of the book plus two sample tools, enough to see Carmen's style and try something useful without giving away the whole toolbox.

Thinking and solving are not the same thing.

Carmen Lea | carmenlea.ca

Introduction

Overthinking Is Exhausting

Have you ever driven your usual route home and suddenly realized you missed your turn twenty minutes ago because you were so lost in thought?

Or walked into the grocery store, grabbed a cart, wandered around for ten minutes... and then completely forgot why you were there in the first place?

Maybe someone asks you a simple question, and while you're answering it, your brain has already generated eighty-three other possible responses. By the time the conversation is over, you're replaying it, wondering if you talked too much, didn't talk enough, used the wrong word, or somehow destroyed your entire reputation in under three minutes.

Sound familiar?

Welcome to the club.

If overthinking burned calories, we'd all have six-pack abs.

Overthinking isn't just "thinking too much."

It's like listening to a radio stuck between stations.

Static.

Noise.

Old memories.

Future worries.

Half-finished conversations.

Random thoughts you never invited in.

It's like trying to watch ten television channels at once while someone keeps grabbing the remote every five seconds.

It's exhausting.

Some days it feels like sitting at a family reunion while thirty-five relatives are all giving you unsolicited life advice at exactly the same time.

And the funny thing?

Half of them are wrong.

That's what overthinking does.

It collects every little signal from the outside world comments, facial expressions, text messages, silence, social media, work stress, old memories, and other people's opinions and feeds them back to you as though they're urgent breaking news.

Then your brain does what it does best.

It starts narrating.

"What if they're mad at me?"

"I probably sounded stupid."

"I should have said something different."

"What if I made the wrong decision?"

"What if they don't like me anymore?"

Before you know it, one tiny moment has turned into a full-length disaster movie directed by your imagination.

If you're reading this, I want you to know something before we go any further.

You're not broken.

You're not weak.

And you're certainly not the only person whose brain occasionally acts like an unpaid drama teacher.

Millions of people struggle with overthinking.

The problem is that most of us assume we simply have to live with it.

We don't.

Now, before you panic...

I'm not about to tell you to "just think positive."

I'm not going to suggest waking up at 4:30 every morning, drinking celery juice, meditating on a

mountain, or pretending life is all sunshine and perfectly colour-coded calendars.

Real life doesn't work that way.

Neither do real people.

There are plenty of books that explain why we overthink.

Plenty that dive deep into psychology.

Plenty that spend hundreds of pages explaining what's happening inside your brain.

Those books have their place.

This isn't one of them.

This book is for real life.

It's for the unanswered text message that suddenly convinces you the friendship is over.

It's for lying awake at 2:13 a.m., replaying a conversation from four years ago.

It's for all the stories your wonderfully dramatic brain writes without ever checking whether they're true.

It's for the Tuesday afternoon when your brain quietly turns a small problem into an Oscar-worthy disaster film.

My goal isn't to stop you from thinking.

Thinking is useful.

Overthinking isn't.

My goal is to help you recognize when your brain has wandered onto Spiral Street, and show you how to find your way back before it hijacks your entire day.

Over the next few chapters, you'll learn how to spot an overthinking spiral sooner, interrupt it faster, and spend a whole lot less time arguing with a brain that occasionally has the emotional maturity of a sleep-deprived toddler.

No complicated psychology.

No impossible morning routines.

No guilt.

No perfection.

Just practical tools.

Simple techniques.

A few laughs.

And real-world strategies you can use the next time your wonderfully dramatic brain decides to turn a paper cut into a five-season Netflix series.

Will you still overthink sometimes?

Probably.

I certainly do.

The difference is that you'll know what's happening.

You'll know what to do next.

And that changes everything.

So grab a coffee.

Get comfortable.

Your brain has been running the show for long enough.

Let's teach it that it doesn't have to narrate every scene.

You've got a life to enjoy not just one to think about.

Now...

Let's quiet that busy brain.

Tool 1

The Five-Breath Reset

What Is It?

One of the fastest ways to interrupt a racing mind is to slow your breathing.

You don't need special equipment.

You don't need yoga pants.

You don't even need to leave the room.

Just breathe.

Why It Helps

When you're anxious or overthinking, your breathing often becomes faster and shallower without you even realizing it.

Slowing your breathing tells your body it's okay to relax, which often helps your mind begin to settle too.

Give It a Try

Sit or stand comfortably.

Slowly breathe in through your nose.

Slowly breathe out through your mouth.

Repeat five slow deep breaths.

Don't worry about counting perfectly.

Slow is more important than perfect.

Quick Tip

Drop your shoulders while you breathe.

You'd be surprised how much tension you've been carrying around all day.

My Rating

☆ ☆ ☆ ☆ ☆

Would I use this again?

☐ Yes

☐ Maybe

☐ No

Notes

Give It a Try

Notice or think about:

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

Don't rush it.

Actually notice them.

Quick Tip

This works almost anywhere.

In your car.

At work.

Standing in line.

Even lying in bed.

My Rating

☆ ☆ ☆ ☆ ☆

Would I use this again?

- ☐ Yes
- ☐ Maybe
- ☐ No

Notes

YOUR BRAIN DOESN'T NEED TO WIN EVERY ARGUMENT.

You've had a taste of the Quiet Mind Toolkit. The complete book includes **26 practical tools** designed to help you interrupt spirals, redirect racing thoughts, empty mental clutter, calm your nervous system and build a quieter life.

26 tools. One busy brain.
Build the toolkit that works for yours.

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by Carmen Lea

Learn more at **carmenlea.ca**

More than a book. A place to begin.