

## WELLBEING TIPS WORKSHEET

Hi! I am Alessandra, founder of FindYourWay Coaching, communication expert, self-care enthusiast and overthinker! I know I am an overthinker, especially when I try to make sense of things.

We all overthink and feel anxious feelings. This does not mean necessarily that we have a mental health problem! However, when these feelings become unbearable and impact our lives, our routine, our sleep, our relationships and work in a more impactful way, we should consider getting professional help. It is normal also for our physical health, right? We are not always 100%.

**As a mental health first aider, trainer, mental wellbeing coach and researcher on holistic health, I want to give you a few tips and strategies on how to cope with stress, overthinking and in general a few baby steps to start feeling better.**

***I use all the tools that I am mentioning here, and I have suggested my clients to use them too. These are just some of them, but starting with something and showing up every day is already half of the work!***

1. **Journaling:** I don't know if you like this practice, but behind every overthinking moment there is something, right? You might want to have some self-reflection on what this something is. Is it work? Is it a general worry about the future? Is it health, your children, your company or is it a spiral of negative thoughts or self-deprecating thoughts? So, by writing down every morning how you feel, and what kind of self-talk you experienced. Get a diary/journal and write on it. Try it little by little for least 5 days.
2. **Energizing habits.** A balanced nutrition influences positively our mental wellbeing (see below my book tip on this), so does a good sleeping routine. Are you not sleeping well? Write down in the journal your sleeping pattern too. Is there anything you do before going to bed that might make you more awake or more negative? (Too much screen time or email reading with unsolved issues from clients? A Netflix series with sad stuff, too much screen light or too much evening sports? Sports in the eve wakes up a lot. So you would need to unwind before bed, with a warm bath or a nice quiet time).
3. **Take time for yourself:** it might work if you establish a self-care routine. Do you have it? For example: every morning you wake up and meditate 5 min (more on meditation below); or set the intention for the day, or just take 5 minutes for yourself (stretching, or a coffee alone; or newspaper or a nice longer breakfast). Then, you have regular breaks. One of these breaks should be a walk. Walking helps immensely with over thinking. Or talking. Do you have a friend that you can vent to, that you can "dump" your frustrations to?

**Also, think of what you love the most, what makes you smile. When the brain is spinning, replay in your head that happy place.**

#### BOOKS ON THE TOPIC:

- **Overcoming Overthinking:** [Overcoming Overthinking: 36 Ways to Tame Anxiety for Work, School, and Life: Grayson Riegel, Deborah, Riegel, Sophie: 9781947480827: Amazon.com: Books](#)
- **The Power of Now:** [The Power of Now: A Guide to Spiritual Enlightenment: Tolle, Eckhart: 9781577314806: Amazon.com: Books](#)
- **Genius Foods:** [Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life \(Genius Living, 1\): Lugavere, Max, Grewal M.D., Paul: 9780062562852: Amazon.com: Books](#)

#### APPS FOR MEDITATION, SELF-DEVELOPMENT & MOVEMENT:

1. **MindValley:** This has changed my life. It taught me how to meditate but it also for personal development and living consciously, happily and healthy. This meditation is free and then there is a charge for the other meditations and mentoring programs.
2. **Headspace:** either the app itself or on Netflix, there are episode that introduce people to meditation practices. There is a beautiful one called: **HEADSPACE GUIDE TO SLEEP**, also the one called HOW TO DEAL WITH STRESS and let go.
3. **DayBreaker:** Based on the science of happiness, they provide ways for us to increase our levels of D.O.S.E.: dopamine, oxytocin, serotonin and endorphins.

#### MY FAVORITE BREATHING TECHNIQUE :

4. I think that it could be beneficial for you to try and breathe properly before bedtime, or when the thoughts are spiraling. **HeartMath** is the technique I use almost daily:

[Quick Coherence® Technique - HeartMath](#)

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