



OVERTHINKING SURVIVAL KIT

Stop the mental noise. Right now.

01 OPEN THIS FIRST

Nothing is wrong with you.
Your mind is not broken.
It's just stuck in a loop.

This is not therapy.
This is not self-improvement.
This is not about fixing your life.

This kit exists for one reason only:
to quiet your mind when it won't shut up.

Take a breath.
You're in the right place.



02

WHEN YOUR MIND WON'T SHUT UP

Check what feels familiar right now:

“

- ☐ I replay conversations in my head
- ☐ I overthink decisions
- ☐ I feel tired but mentally loud
- ☐ My thoughts loop without stopping
- ☐ My mind gets worse at night
- ☐ I think even when I don't want to

If you checked **more than two**,
don't think about it.

Go to the next page.



03

THE THOUGHT DUMP



Use this when your head feels full.

Instructions:

- *Write everything that's in your mind*
- *No order*
- *No fixing*
- *No judging*

Set a timer for 5 minutes.

Write until the timer ends.

You don't need clarity.

You just need space.

04 STOP THE REPLAY

Use this when the same thought keeps repeating.

Answer honestly:

1. Is this happening **right now**?

- ☐ Yes ☐ No

2. Can I act on this **today**?

- ☐ Yes ☐ No

3. Will thinking more give me a better answer?

- ☐ Yes ☐ No

If you answered **No** to most of these:

Stop thinking. Return later.



05

DECISION FREEZE BREAKER

Use this when you can't stop thinking about a decision.

“

Choose ONE option only:

- ☐ I decide now
- ☐ I decide later → Date: _____
- ☐ I don't decide at all

That's it.

No more thinking today.



06

MENTAL EMERGENCY PAGE

(READ ONLY)

You don't need to solve this now.

Thinking more won't help anymore.

Pause.

Breathe.

You are allowed to stop.

This can wait.

You are safe right now.

Stay here for a minute.

07

NIGHT SHUTDOWN CHECKLIST

Use this before sleeping.

- ☐ Write down what's on your mind
- ☐ Close open loops (or schedule them)
- ☐ No decisions after this page
- ☐ Tomorrow exists
- ☐ Rest is allowed

Your job now is not to think.

Your job is to rest.



08

MORNING RESET (2 MINUTES)

Do this when you wake up.

“

- ☐ Read one calming sentence
- ☐ Write today's ONE priority
- ☐ Ignore everything else for now

That's enough.

Your brain doesn't need more.



09

WHAT NOT TO DO

“

When your mind is loud, don't:

- ✗ Force calm*
- ✗ Analyze your thoughts*
- ✗ Fight your brain*
- ✗ Look for perfect answers*

Let the noise pass.

You don't need to win against it.

10

USE THIS WHEN YOU FEEL STUCK

Quick guide:

Loud mind? → Page 3

Replaying thoughts? → Page 4

Stuck on a decision? → Page 5

Overwhelmed? → Page 6

Can't sleep? → Page 7

This kit is meant to be used.

Not understood.



11

YOU'RE NOT BROKEN

“

Your mind is trying to protect you.

It's just working too hard.

Come back to this kit

whenever your thoughts feel too loud.

You're not alone in this.

And you don't have to fix everything today.



YOU'RE NOT BROKEN

Your mind is not your enemy.
It's just trying too hard.

You don't need to fix everything.
You don't need to have all the answers.
You don't need to think more.

Come back to this kit
whenever your thoughts feel too loud.

It's here to support you.
As many times as you need.