

Pocket Truths

Volume #1

7 ways to sift through
overwhelming thoughts



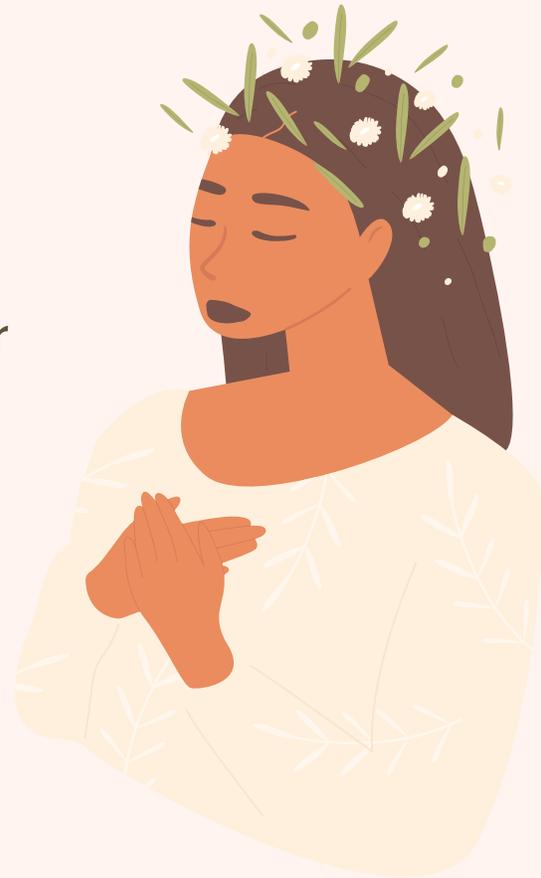
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Introduction

Imagine having the tools to manage your overwhelming thoughts!

Far too often we can be sitting with overwhelming or uncomfortable thoughts. Many people don't know what to do with them and before you know it, they've taken over.



These overwhelming thoughts are in control and we can start to spiral, feel helpless, become anxious, lose our motivation or shift away from the person we want to be.

It can feel really ugly!



continued ...

..... Imagine if you had the ability to sift through some of these thoughts and allow only the ones which matter most to stay with you, or influence you.

..... Imagine if you had strategies to help you process overwhelming thoughts.

..... Imagine if you had the confidence to say to these overwhelming thoughts “now is not the time”.

..... Imagine if you could create space to allow these overwhelming thoughts to be there, but not bother you.

Read on to gain further insights into all these things and more with Volume #1 of *Pocket Truths: 7 ways to sift through overwhelming thoughts*.



But first, more on our thoughts

The way we think directly impacts how we feel and how we behave. The more negativity surrounding our thoughts, the more likely we are to feel stressed, anxious, overwhelmed or upset. Because of thinking and feeling this way, we are then less likely to engage in positive activities or behaviours such as exercise; we may notice a decline in our socialisation or strains in our relationships and/or reduced productivity or efficiency at work. And the cycle continues... We then start to spend more time in this 'negative space', feeling more overwhelmed and disengaging further in positive behaviours.

The Cognitive-Behavioural Triangle



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We have hundreds of thoughts each day, but it doesn't mean we need to act on each of them. What is KEY is to identify those thoughts which matter most, those which hold higher priority or ones which require immediate resolution.

Once we have identified these, we can then start to practise 'letting go' of the others as they evidently either don't matter as much or are unhelpful. This process will help to free up space in our mind in order for us to focus on more important or positive thoughts.

It can also aid our productivity; as we reduce the number of interruptions created by these overwhelming or negative thoughts.

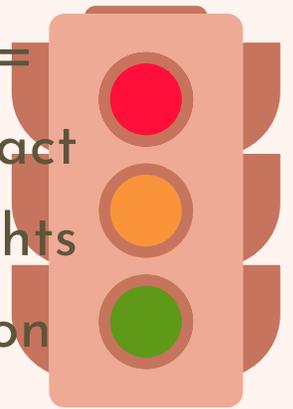


7 ways to sift through overwhelming thoughts

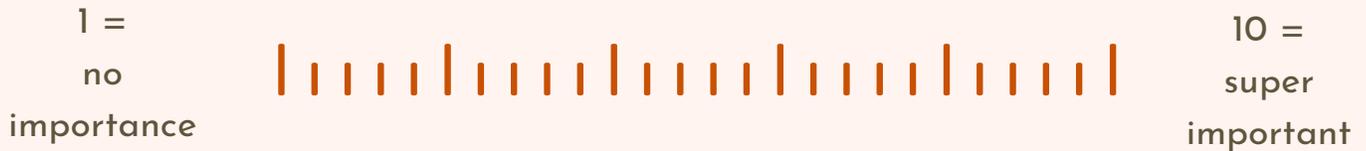


Write it out. Use a journal or diary to record your overwhelming thoughts. This can be a healing experience as you have an avenue to 'offload' your worries, in a truly authentic way.

Consider using a traffic light system to help you prioritise your thoughts (RED = unhelpful and/or overwhelming thoughts, ORANGE = neutral thoughts/thoughts which don't impact negatively on your mood, GREEN = thoughts which require immediate action or resolution and/or positive thoughts).

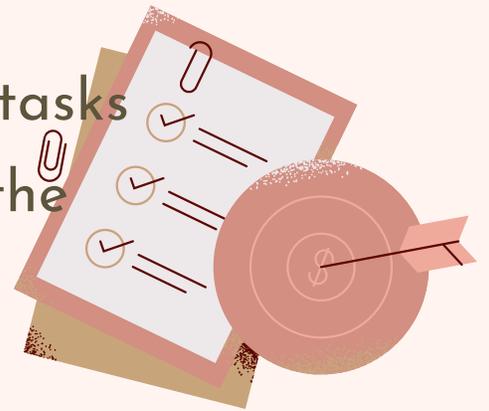


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Use scaling to help further with prioritising. “On a scale of 1 ---- 10, where does this thought sit?” This is such a great visual tool to help you to identify those overwhelming thoughts. Start to create some space from them.

Set goals. Create some actionable tasks to help you work through some of the GREEN and ORANGE thoughts.



Use visual imagery to ‘push aside’ or ‘let go’ of those overwhelming RED thoughts. Using affirmations with this strategy can be helpful to provide you with the confidence to honour this step.



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Practise mindfulness to help you in the journey of “letting go” of overwhelming thoughts.



Ground yourself in the current moment. Immerse yourself in a sensual experience. Focus on your breath. Be curious about your body. Remain open-minded and non-judgemental.

Become aware of your inner critic; that voice inside your head. Is there an opportunity to change the way you talk to yourself? Can you be more self-loving? Can you practise greater self-compassion? Showing yourself greater kindness and love will help you to shift your thoughts away from overwhelm.



Signing off

This is a journey. It will take time for you to find the right strategies which support you.

Remain focused, self-compassionate, hopeful and confident as you learn how to sift through overwhelming thoughts.

Wishing you every bit of success towards achieving a calmer, less overwhelmed and more positive mind!

With kindness and love, Libby



Reflections

A series of 18 horizontal dotted lines for writing reflections.



About THE AUTHOR

Libby is the founder of Pocket Wellness and the author of Pocket Truths.

Libby is a Counsellor and Coach and has been working in the fields of rehabilitation and mental health since 2008.



Libby is fiercely passionate about wellness and well-being and dedicates her life to helping and supporting others



About THE AUTHOR

Libby is sociable, engaging, conscientious, highly self-motivated and resilient. She loves to make a positive impact on others; to educate and empower them to live a more meaningful, engaged and positive life.

Libby loves all things wellness, travel, the expat life, food, exercise, sunsets and music. But more than anything in the world, she loves being a Mumma!

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