

# Overthinking: good or bad?

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# What overthinking is?

- something we all do
- a form of anxiety
- thinking about something in endless circles
- contemplating decisions, details, future
- what ifs and shoulds
- mentally exhausting loop

You are not solving a problem.

You will not find any answer.

# Can we avoid it?



we can

by shifting our thinking to something different

# Can it actually be good?

- analysed life
- good at planning
- sorted priorities
- prepared for situations
- better decision-making
- view from different perspectives
- more productive
- giving good advice

# What is the key to be a successful overthinker?

knowing when to stop thinking

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