A FREE TEW MINI-WORKBOOK

When Your Mind Won't Slow Down

Small tools for overthinking, worry, and racing thoughts.

THERAPEUTIC EMPOWERMENT & WELLNESS

A gentle reminder

You don't need to solve every thought right now. This workbook offers a few ways to make space, find perspective, and return to the present.

Inside this workbook

01 Get your thoughts out of your head

02 Sort what is and is not in your control

03 Practice a kinder, more balanced thought

04 Create a two-minute evening reset

01 / UNLOAD

Give your thoughts somewhere to land

When your mind feels crowded, you don't have to organize everything before you begin. Write whatever is taking up space.

Try a 3-minute brain dump

Set a timer, if you like. Write freely. No editing, no judging, and no pressure to solve anything.

What has been on my mind lately?

Looking back at what I wrote...

One thought I can return to later:

One thing I need in this moment:

02 / SORT

What can I influence today?

Not every concern needs immediate action. Sorting your worries can help you focus on what is possible and release some pressure.

Within my control

My choices, next steps, and responses

Outside my control

Other people, the past, uncertainty

One small step I can take:

Something I can give myself permission to set down:

03 + 04 / REFRAME AND RESET

A little more room to breathe

You don't have to force positive thinking. Try finding a thought that is both realistic and a little kinder.

A thought that keeps showing up:

What evidence supports it? What might I be overlooking?

A more balanced way to say it:

Your two-minute evening reset

1. Notice your feet on the floor.
2. Take three slow, comfortable breaths.
3. Write down one worry for tomorrow.
4. Name one thing you did enough of today.

Small steps. Everyday moments. Meaningful change.