



LANIA MEZRAANI
MINDSET COACH

5 MINUTE

e x e r c i s e

TO RESET OVERTHINKING

Rania Mezraani, ACC
Mindset Coach & Healer

A Small Guide to Overcome Overthinking

From Mental Noise to Clarity

Overthinking happens when your mind keeps replaying the past, predicting the future or searching for certainty that may not exist.

Thinking is useful when it leads to clarity or action.

Overthinking keeps you stuck in the same mental loop.

The goal is not to stop thinking.

It is to learn how to notice the loop, calm your mind and return to what you can actually control.



01 NOTICE THE LOOP

The thought that keeps repeating in my mind:

Am I trying to solve something, or am I repeating the same thought?

What am I afraid might happen?

What feeling is underneath this thought?

Fear, doubt, rejection, uncertainty, guilt or loss of control?



Pause

Take one slow breath in.
Exhale slowly.

Remind yourself:

“I can notice this thought without letting it control my attention.”



02 *FACTS OR STORIES*

Overthinking often fills the unknown with assumptions.
Separate what you actually know from what your mind is adding.

What I Know? Write only the facts.

What I Am Assuming? What are you predicting, interpreting
or imagining?

Now ask:

Do I have evidence that my assumption is true?

Is there another possible explanation?



Back to the Present

Look around you and notice: 3 things you can see, 2 things you
can hear, 1 thing you can feel in your body.

Remind yourself:

“A thought is not always a fact.”



03 *RETURN TO WHAT YOU CAN CONTROL*

You may not be able to control the future, other people's reactions or every possible outcome.

But you can choose where to place your energy now.

What is outside my control?

What is within my control?

What is one small helpful step I can take today?

What do I need to stop trying to solve right now?

What can I allow myself to let go of for today?

Now complete this sentence:
For today, I choose to focus on:

Your Reset



When you notice yourself spiraling, remember:

SEE the thought.

BREATHE before reacting.

CHECK the facts.

CHOOSE what is within your control.

TAKE one small step.

You do not need every answer before you can move forward.
Sometimes peace begins when you stop trying to predict everything
and trust yourself to meet the next moment when it comes.

Awareness creates the space.

A new choice creates the shift.

Explore the Break Free Workbook → <https://raniamezraani.com/>