

Rumination & Overthinking 5

Many times we think that in order to calm down we must first understand everything.

What does this thought mean, why do we feel this way, where

did it start, how will it go away, and without realizing it we go back into analysis.

But there is something important that you need to remember.

Not every thought needs to be explained. Not every feeling needs to be analyzed, and not every doubt needs to be closed.

Sometimes peace doesn't come when you find the perfect answer. It comes when you stop chasing answers that never end.

Today I want you to try something

You don't need to understand it now.

And then leave it open.

Today's exercise is simple.

Choose a thought that draws you into analysis.

Don't finish it. Don't explain it. Don't continue with why. Just say I'm leaving it open. And then turn to a small action. Say water.

Do a zen.

Take a short walk.

Continue something practical.

Not because the thought was solved, but because it doesn't need to be solved to continue your life.