

# Racing Thoughts Reflection

## **What's on my mind right now? (Even if it's messy or fast-moving)**

Write down anything swirling in your head—ideas, worries, memories, random thoughts. Don't censor—this is your “mental browser tab” list.

## **Is my brain jumping around, or is there a clear theme?**

Do your thoughts keep shifting topics, or are they all circling one stressor (e.g., an upcoming deadline or decision)? Naming the pattern helps you take the next step.

## **What's one small thing I can do to give my mind a pause or outlet?**

Examples:

- Breathing exercise (4-4-6 pattern)
- Journaling or brain dump
- Listening to music or moving your body for 5 minutes

## **A reminder I can come back to is...**

Examples:

- 💬 “My thoughts are fast, but I can guide them.”
- 💬 “Not every thought needs my attention right now.”
- 💬 “My brain is loud, but I am still in charge.”