



# Work Through It: Mind Still Running

Do you ever feel like your mind keeps running even after the shift – like you never fully get a mental reset? Sometimes it is not one moment. It is the buildup of constant pressure, responsibility, and decision-making without a real reset.

## What Feels True Right Now

*Check everything that applies.*

- My mind keeps going after work
- I replay decisions or conversations
- I think about what I missed or could have done differently
- I have trouble slowing my thoughts down
- I feel mentally overloaded
- I struggle to be present
- I feel like I am always thinking ahead
- My brain feels "on" even when I try to relax
- I have trouble falling asleep because my mind is active
- I feel like I never fully reset

## Where It Shows Up

I notice it most at: \_\_\_\_\_

It shows up as: \_\_\_\_\_

The thoughts I have most are:

\_\_\_\_\_  
\_\_\_\_\_

## What It's Affecting

My sleep: \_\_\_\_\_

My focus: \_\_\_\_\_

My ability to relax: \_\_\_\_\_

\_\_\_\_\_

## What Keeps It Going

One thought that keeps my mind running:

\_\_\_\_\_

One thing I feel responsible for:

\_\_\_\_\_

## What I Usually Do

*Check everything that applies.*

- Stay on my phone
  - Watch TV to distract
  - Keep thinking through things
  - Try to push it away
  - Stay busy
  - Avoid slowing down
  - Drink or use something to shut it off
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## What Helps Slow It Down

*Check what has worked, even once.*

- Writing things down
- Quiet time without input
- Controlled breathing
- Physical movement
- Music
- Talking it out
- Stepping away from screens
- Structured wind-down routine

## My Small Reset Plan

*Keep it simple. One thing at a time.*

One way I will slow my mind down tonight:

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One thing I will do before bed:


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One sign it is working:

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 Your mind staying active is not random. It has been trained to stay engaged. Small resets can help it learn how to slow down again.