



How to Stop
OVERTHINKING and
Reconnect with your
BODY

FREE GUIDE



Introduction

Have you ever had days where your mind feels like a whirlwind, spinning thoughts faster than you can keep up. You're caught in a loop of overthinking, analysing every decision, every word, every action, and every outcome. It's exhausting, isn't it? You're not alone in this.

Many of us have found ourselves in this vortex of overthinking, where the constant chatter in our heads feels like it's drowning us out.

But what if there was a way to break free from this cycle?

What if instead of overthinking and overanalysing every situation you are able to step within your power and **create a life where you start to feel less anxious, calmer and aligned in your Body.**

66 *Within this guide, you will find some practical tips and practices on how to calm your overthinking mind through the practices of Yoga of Embodiment so you can reconnect to yourself by stepping out of the Mind and be more in the Body.*

About me



Hello, my name is Claire and overthinking was something I struggled with for most of my life. I used to feel trapped in my own negative thoughts, spiralling around in never ending cycles of negative thoughts, living a life full of anxiety, fear and a sense of confusion and overwhelm.

Overthinking showed up for me in so many ways..

- **Fear of Making Mistakes:** I used to overthink and overanalyse every situation to the point that I felt stuck and paralysed. This fear of making mistakes led to excessive worry about the consequences of decisions or actions causing me to remain stuck in my life.
- **Perfectionism:** I struggled with making everything look perfect. I wanted to have every detail perfect before proceeding, leading to excessive time spent on tasks, even when the outcome was unlikely to be significantly affected by the extra effort. I ended up wanting to doing everything myself to the point of exhaustion.

- **Lack of Confidence:** I lacked confidence in my abilities or decisions. I was overthinking every single little detail as a way to ensure I am making the "right" choice. I ended up spending excessive time on research, planning, and analysis, often to the detriment of taking action.
- **Anxiety and Stress:** Overthinking was my coping mechanism for anxiety and stress. When faced with a problem or decision, overthinking was providing me with a temporary sense of control or relief from the stress of not knowing what to do.
- **Feeling mentally and physically exhausted :** being stuck in a cycle of overthinking took a toll on my body on all levels. I was constantly feeling tired, fatigued and exhausted.
- **Disconnected from the feeling of aliveness in my body:** I ended up living constantly in my mind and in the outside world. I disconnected from my body and how it felt to be fully alive in it. It was like my body was there purely to take my head around so I could think and plan forever.

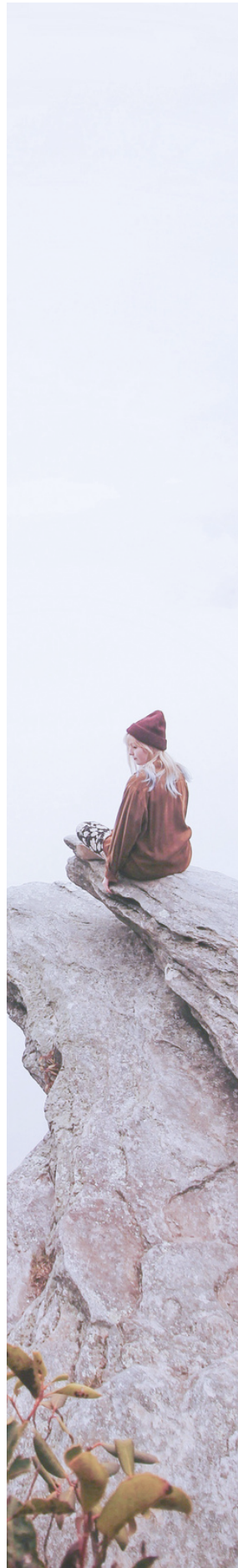
The process of healing and shifting from overthinking involves more than just talking and thinking our way through it.



The Path to Healing involves getting in touch with our Bodies.

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01

What is Overthinking?

Overthinking is the act of excessively contemplating or analysing a particular subject or situation for extended periods. This intense focus on a single topic makes it challenging to concentrate on anything else, as your mind becomes engrossed in the subject of your overthinking.

Overthinking is not problem solving. When we are overthinking we are excessively contemplating or analysing a problem, often leading to worry and rumination without a clear intention to find a solution.

In contrast, problem-solving is an active process aimed at identifying and implementing solutions to address the problem at hand. Overthinking tends to focus on the problem itself, while problem-solving is centred on finding ways to overcome or mitigate the issue.



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*Overthinking is a natural response to
Lack of Safety*

Symptoms

In what ways are you overthinking?

OVERTHINKING CAN MANIFEST IN VARIOUS WAYS



Unable to think about anything else, making it difficult to focus on other topics or activities

Unable to relax due to the constant worry and mental exhaustion associated with overthinking

Constantly feeling worried or anxious

Fixating on things outside of your control such as worrying about future events or dwelling on past mistakes, which are beyond your control

Feeling mentally exhausted

Having a lot of negative thoughts

Replaying a situation or experience in your mind

Second-guessing and doubting your decisions and actions

Thinking of all the worst-case scenarios and imagine the most negative outcomes possible

Feeling totally disconnected from your Body

To soothe an overactive mind, we must immerse ourselves in the present moment, fully engaged with our bodies.

This requires a sense of security and comfort within our physical selves, allowing us to fully inhabit our bodies.

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Visualise a life where instead of overthinking and overanalysing every situation you are able to step within your power and create a life where you start to feel more centred, calmer and aligned in your body.

02

Why do we disconnect from our Bodies?



There are various reasons why we might disconnect from our bodies but what I mostly find relevant after over 20 years of working with the body is that we disconnect because:

At some point in our life something traumatic happened and we learned that being within the body is not safe. Numbing and disconnection is a coping mechanism that allowed us to survive. Remember that Your body is amazing and there is nothing wrong with you, BUT it does not have to be like that anymore.

Moreover, living a busy life and experiencing chronic stress might leave you feeling lost, disconnected, fragmented, living constantly in the mind and in the outside world.

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Between the head and feet of any given person is a billion miles of unexplored wilderness.

Gabrielle Roth



03

You have the power to break free from Overthinking

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Healing and reconnecting to your body occurs in stages. The first step is that of starting to befriend your body and to move out of the constant thinking mind.

The tool that has supported me and many others on their journey of reclaiming their bodies and reconnecting to their own innate wisdom is that of
Yoga of Embodiment.

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What is Yoga of Embodiment and what makes it unique?

Yoga of Embodiment is a Trauma-Informed style of Yoga that doesn't just focus on physical postures; it focuses on finding your grounding, your sense of self within the body. It's about creating a space where you can observe sensations and emotions without feeling overwhelmed or triggered, fostering a sense of safety and connection.

This practice is for anyone who seeks to heal and reconnect with their body and mind. **It is more than a practice; it's a movement towards healing, a movement towards living fully within the body, a movement towards freedom from the pain of the past.**

The 3 Core principles of Yoga of Embodiment:



1- Feeling Safe

The first principle is that of nervous system regulation. Did you know that your **autonomic nervous system is creating your reality, your thoughts, feelings and sensations** yet we were never taught about how our nervous system is affecting our life?



We believe that feeling safe is the first step for any healing or transformation. If we do not feel safe within our body we will be living in a state of survival and overthinking, and within this state the only thing that can happen is survival. If we want to grow, change or thrive we need to move out of our survival state and come into a regulated space.

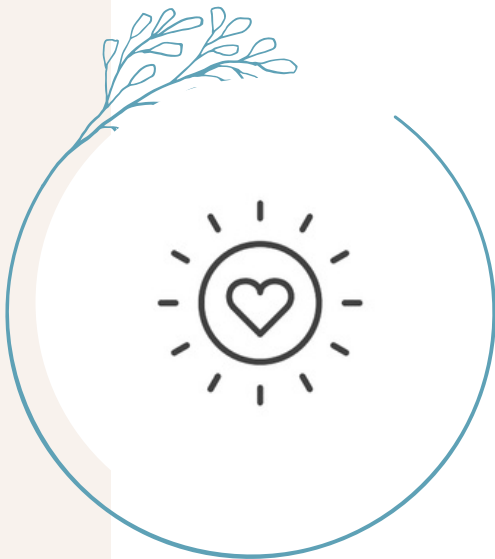
2- Emotional Alchemy

Would you like to learn how to release stuck emotions from your body? This is our second principle; that of being present and learning how to transmute our emotions. Emotions are a portal into deeper wisdom. We allow everything to be felt and move through. By exploring and being present with our emotions we can create change and transformation.



3- Manifesting from the

Tuning to our luminous bodies and manifesting from our Heart is the third principle. Here we learn how to be grounded within our own truth and from this space we are able to manifest a reality that is aligned with our heart's desires. Your heart and your breath will be your guide here.

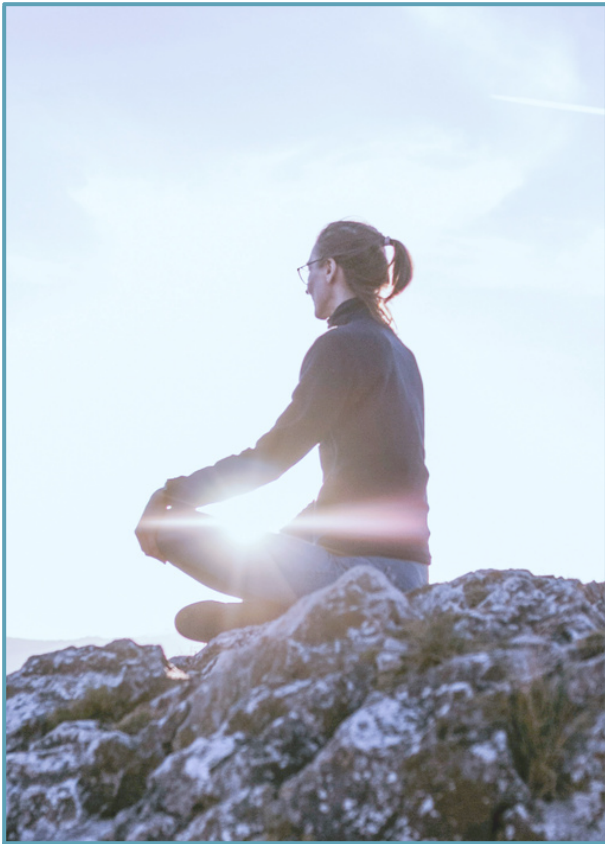


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Yoga of Embodiment Practices

Yoga of Embodiment offers a multifaceted approach to help you find balance and reduce the mental clutter. Below are a few practices that you can include as part of your daily routine.





Practice One

Come into your Body

I invite you to gently close your eyes or lower your gaze and start to feel your weight against the chair, the bed, the ground depending where you are right now.

Alternatively you can stand up, spread your toes and ground them as if you have claws and start to tap your heels and feel into the felt sense of support that the earth is providing you with.

Practice Two

Awaken the Senses

Feel the clothes touching your skin, the texture of the fabric rubbing against your skin, feel the breath entering your nostrils, the subtle movements of your body as you breath, be aware of any sounds in the distance and any sounds close to you





Practice Three

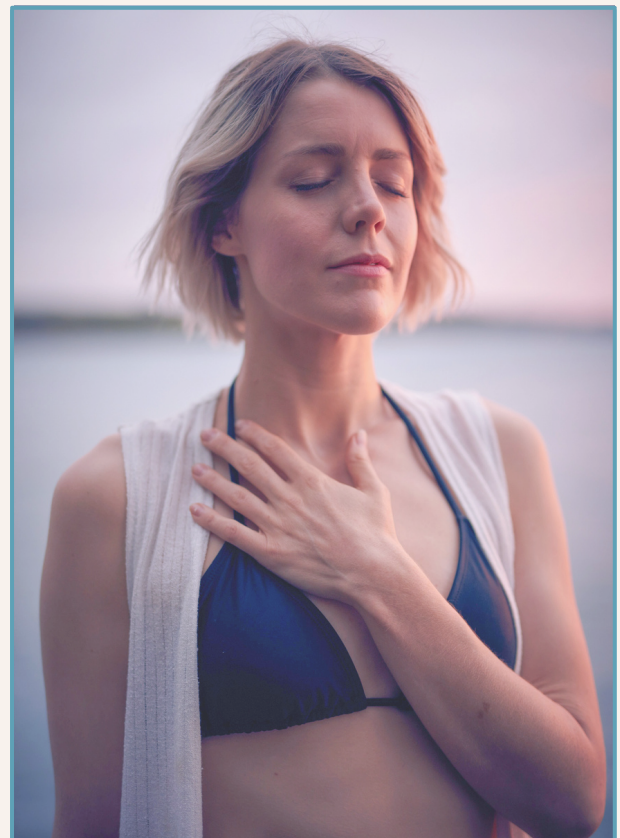
Orient yourself

Look around you, gently turning your gaze from one side to the other as if you are following an imaginary butterfly.

Practice Four

Regulate your Breath

Bring one hand to your belly and one hand to your chest and feel the breathing. Start to inhale to the count of 4 and exhale to the count of 4, taking a few breaths here. When this feels comfortable, start to lengthen your exhale, inhale to the count of 4 and exhale to the count of 6





Practice Five

Move your Body

Moving the body is a powerful way to shift from being overly focused on the mind and to become more present within the body. This shift is central to the concept of **Yoga of Embodiment**, which is the key to integrating mind, body, and spirit.

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Embodiment is about becoming fully aware of and connected to one's physical presence in the world, which can lead to a deeper sense of self-awareness and a more holistic approach to well-being.

Additional Resources

Breaking free from overthinking requires us to feel safe enough to inhabit our Body. If you have unhealed trauma or living with chronic stress, being within the body might feel very difficult.

For you to go a little bit deeper, I am sharing with you this 10 minutes Yoga of Embodiment practice called **'Feeling Safe'**.

I invite you to carve out a space for yourself—to breathe, to be still, and to witness the magic that unfolds when you simply begin. Your journey awaits, ready to unfold in the sanctuary of your own being.

Click the image below to access the practice:



Conclusion and Next Steps

Starting the journey to break free from overthinking is a **bold and courageous act of self-love**. I am honoured to have you here, to get to know that there are practices and resources available to support you on this path.

Remember to be kind and compassionate with yourself. The process of moving from constant overthinking to a more Embodied presence is a gradual one, requiring patience and understanding. Healing should not be a burden but a guiding light, supporting you through the ups and downs of life.



I created “**The Embodied Voyage**” to offer a space and a living community where one can grow out of a life of stress and anxiety to one of clarity, connection, and happiness – without the overwhelm of trying to figure out where to start and what to do.

I’ve taken all that I’ve learned on my own healing journey and created this safe and sacred space. This is not a gallery of videos but a living space, one where we can share our experiences, struggles and joys of life and support each other

[DISCOVER MORE](#)

Join us and discover a space where you can explore, learn, and grow together with others who are on the same path.



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