

Weekly Takeaway Sheet

Your Brain Is Trying to Protect You (But It's Being Dramatic)

Fifth Monday - 6-29-26

This week was all about understanding your brain a little better. The goal isn't to get rid of fear, worry, or overthinking completely. The goal is to recognize what's happening, give yourself some grace, and remember that you are in charge—not your anxious thoughts.

1. Your Brain Isn't Broken — It's Protective

- Your brain is naturally wired to scan for danger and potential problems.
- Overthinking is often your brain's attempt to keep you safe, not a sign that something is wrong with you.
- You can appreciate your brain's efforts without letting fear make your decisions.

2. Your Brain Loves Worst-Case Scenarios

- Your brain tends to jump to extreme outcomes when faced with uncertainty.
- Discomfort and danger are not the same thing.
- Most of the things you worry about never actually happen.

3. Overthinking Keeps You Stuck

- Thinking about a problem is not the same as solving it.
- Overthinking drains energy and creates anxiety loops.
- Action often creates more clarity than endless analysis.

4. Gently Interrupt the Spiral

- You don't have to argue with every anxious thought.
- Naming the spiral helps create distance from it.
- Returning to facts and the present moment helps restore calm and perspective.