



OVERCOMING OVERTHINKING

Events with Sister Jayanti around the UK

The "Overcoming Overthinking" tour across the United Kingdom presented overthinking as a **"modern disease"** that has become a pervasive state of "dis-ease" in contemporary society. Sister Jayanti's core philosophy throughout the events was rooted in the belief that **"everything begins inside and then extends outside,"** suggesting that the chaos we witness in the world—from political instability to climate change—is a reflection of our collective internal state.

Types and Definitions

Overthinking was defined as a state where the **"mind is speeding up and it's not really able to focus,"** leading to a cycle where the same thoughts repeat continually without any practical outcome. Contributors identified several distinct types including **negative loops** regarding **past regrets** and

future anxieties about health or finance, and **"analysis paralysis,"** where a person becomes so overwhelmed by information and circular reasoning that they are unable to make a decision or take action. In contrast to this mental clutter, the tour promoted **"Goldilocks thinking"**—not too much thinking, not too little, but "just right".

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Causes and Consequences

The primary cause of this mental epidemic was identified as a **loss of spiritual identity**, or "**forgetting my own spiritual identity**" by identifying only with physical labels rather than the "inner being" or soul. This is compounded by the "**age of information**," where a constant stream of digital distractions and "doom scrolling" prevents the mind from finding its own rhythm. Furthermore, Sister Jayanti spoke of a "**broken filter**" in the conscience, noting that "**the filter has become damaged... because too often the conscience told us no, but we ignored it**".

The consequences of overthinking are profound, both personally and globally. Research cited during the tour suggests that **47% to 50% of human time and energy** is wasted on repetitive, non-productive thoughts. Physically, this mental strain is linked to **75% to 90% of all illnesses**, which are said to begin in the mind. It also leads to **relationship stress**, as internal fatigue often manifests as impatience and irritation with those closest to us.

Practical Tips to Overcome

To reclaim mental mastery, Sister Jayanti shared several practical strategies. She emphasized the "**morning recharge**," recommending that individuals spend the first **30 to 60 minutes** of the day in silence or spiritual study before checking their phones. She also taught the "**power of the pause**," encouraging a one-second mental break to say "**Om Shanti**" (I am peace) before reacting to external triggers. Other tips included a **digital detox** at least one hour before sleep, a **gratitude practice** of writing 100 points of appreciation to re-pattern brain activity, and using **physical action**—like going for a walk or "cleaning the ceiling of the bathroom"—to break a mental loop. As Sister Jayanti often noted, "**the brain is the hardware but the software is actually the soul itself**."

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