



WELL-BEING CLUB NEWSLETTER

January 2026

“Mind Matters: From Overthinking to Inner Strength”
Quiet the Mind, Strengthen the Self

**INSIDE,
WE ALSO
TALK
ABOUT:**

Student Story &
Impact

Ways to Overcome
Overthinking

Reflection



Understanding Overthinking in Campus Life

What is **Overthinking**?

Overthinking is when the mind gets stuck in repetitive thoughts about past mistakes or future worries. It increases stress, anxiety, and self-doubt, making it hard to stay present.

Common thoughts:

- “What if I fail?”
- “Why did I say that?”
- “Everyone is better than me.”

Why Students Overthink?

- Academic pressure
- Expectations
- Relationships
- Uncertainty about the future, which leads to worry loops.



Main Causes

- Academic pressure
- Fear of failure & perfectionism
- Social pressure
- Future uncertainty
- Emotional experiences



Case Study: Riya

Riya, a college student, constantly doubted herself despite being hardworking. She feared exams, compared herself with others, and overanalyzed interactions. Her thoughts affected her sleep and confidence.

'What if I forget everything?'

"Others are more capable than me."

She also replayed classroom interactions and worried about how others perceived her. At night, these thoughts intensified, affecting her sleep.

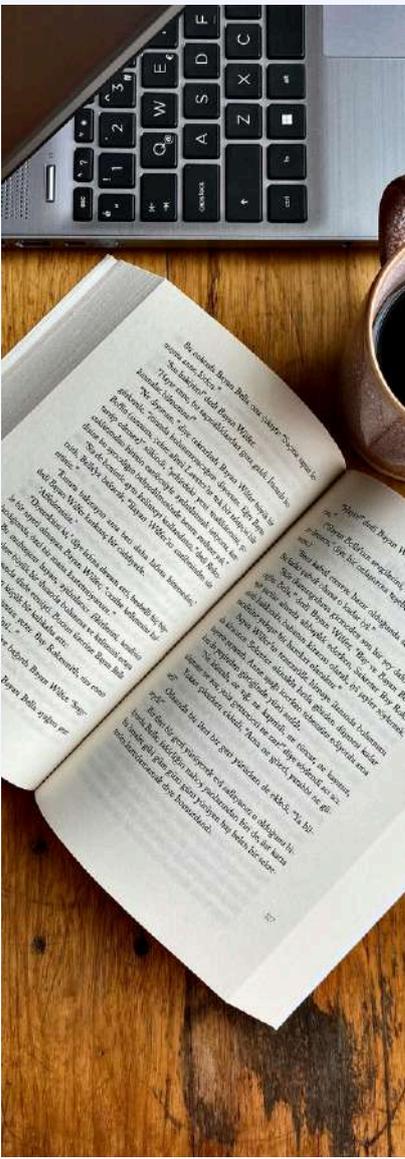
Impact of Overthinking

Emotional: Anxiety, sadness

Mental: Poor focus, confusion

Physical: Headaches, fatigue

Academic: Procrastination, fear



Early Signs

- Difficulty sleeping due to racing thoughts
- Constant self-doubt
- Difficulty concentrating in class
- Feeling mentally exhausted
- Replaying situations repeatedly



Ways to Overcome Overthinking

Practical Strategies

- **Build Thought Awareness**

Notice your thoughts and question them: Is it helpful or just an assumption? Writing them down clears the mind.

- **Limit Worry Time**

Fix 10–15 minutes daily for worries and postpone unnecessary thoughts outside this time.

- **Focus on Control**

Concentrate on what you can control: your effort, preparation, and response.

- **Challenge Negative Self-Talk**

Replace negative thoughts with realistic and positive ones. “I will fail” → “I am doing my best with what I have”

- **Reduce Comparison & Digital Overload**

Limit social media use and avoid comparing yourself with others.

- **Talk & Seek Support**

Share your thoughts with friends, mentors, or counselors—seeking help is self-care.

10-Minute Reset

Breathe → Write thoughts → Sort control vs no control → Take one action.

I matter



Small changes in thoughts create big changes in life.

Breathe (2 minutes)

- Sit comfortably. Inhale slowly for 4 seconds and exhale for 6 seconds. Repeat to calm your mind.

Write Thoughts (3 minutes)

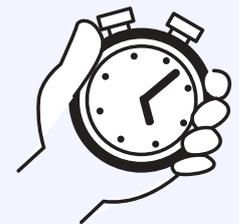
- Write down all the thoughts running in your mind without judging or editing them.

Sort Thoughts (3 minutes)

- Divide them into two groups:
 - Things I can control
 - Things I cannot control

Take One Action (2 minutes)

- Choose one small step from the “I can control” list and do it today.



GOOD
TIMES

Overthinking is not
weakness—it is a habit
that can be changed.

Reflection

- What thought repeats most?
- How does overthinking affect me?
- How can I be kinder to myself?
- What makes me calm?



Message to Students

“Overthinking can be unlearned. With practice and support, you can build a calm and strong mind”.

“From worry to
clarity.”

- ☛ You don't have to believe every thought.
- ☛ Your wellbeing matters.

With care and positivity,
Team Well-Being Club

For more support, feel free to reach out to
our campus

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