



LIFELONG LEARNING

OVERTHINKING

HOW TO MANAGE IT

Sarka Kralickova
ASPINTOA Publishing



ASPINTOA®

ASPINTOA® LEARNING SYSTEM

PQ

INFINITY®
YOUR FUTURE
WHAT NEXT

4

IQ

WORDESO®
YOUR WORDS
WHAT

1

REAL
CHANGE

3

GRAMMAX®
WHY
YOUR DECISIONS

2

DIALOGIS®
HOW
YOUR QUESTIONS

SQ

EQ

AUTHOR SARKA KRALICKOVA

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Overtinking Map



OVERTHINKING



STRESS



DESICIONS



FOCUS



SOLUTIONS



SUPPORT

Imagine Something New

WORDESO®

UNDERSTANDING

- Read the word aloud.
Let ´s talk about it.
- Read the sentence aloud.
- Ask what the word means.

WORDESO®

UNDERSTANDING

- Read the explanation aloud.
- Connect the word and its explanation with a picture.

DIALOGIS®

EMPATHY

- Read the question aloud and answer it.
- Let the other person answer.
- This helps develop listening and emotional intelligence.

DIALOGIS®

EMPATHY

- Read the second question aloud and answer it.
- Let the other person answer.
- You can make an extra question about the picture.

GRAMMAX® **CRITICAL THINKING**

- Read the question and both answers aloud.
- Decide which one makes sense and why.
- Answer it or let the other person answer.

GRAMMAX® **CRITICAL THINKING**

- Continue in the same way on the other side.
- Ask again about the wrong answer.
- Sometimes both answers can make sense.

INFITY® **CREATIVE SOLUTION**

- Read the sentence aloud. (a specific problem)
- Talk about the problem.
- Use movement and create a project.

INFITY® **CREATIVE SOLUTION**

- Read the question aloud.
- Suggest a suitable solution to the problem.
- Write an essay, present it, take action.

THOUGHTS

OVERTHINKING HAPPENS
WHEN **THOUGHTS** REPEAT
TOO MUCH.

WHAT ARE "THOUGHTS"?

IDEAS THAT RUN
THROUGH YOUR MIND



I notice...

WHAT KIND OF THOUGHTS
DO YOU NOTICE WHEN YOU
WORRY TOO MUCH?



Repeated...

HOW DO REPEATED THOUGHTS
MAKE YOU FEEL?

HOW CAN NOTICING THOUGHTS HELP YOU?



You can organize them
and stay calm.

1. YOU CAN ORGANIZE THEM
AND STAY CALM.
2. THEY MAGICALLY DISAPPEAR. 1

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WHY CAN REPEATED THOUGHTS BE CHALLENGING?

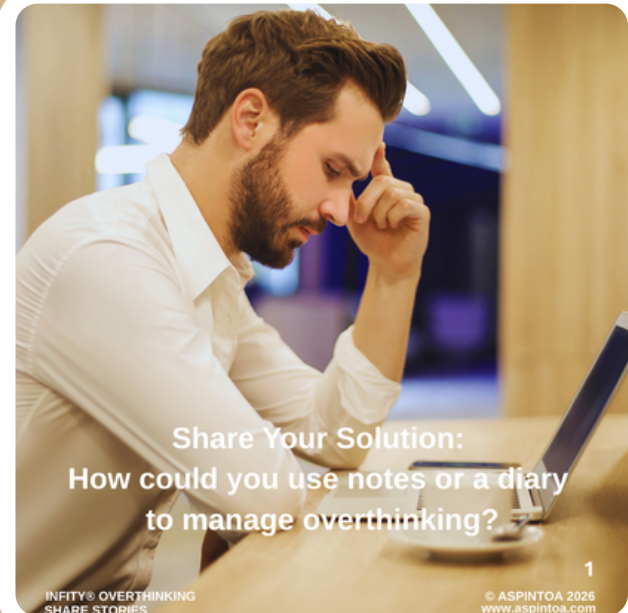


They create stress
and confusion.

1. THEY SOLVE PROBLEMS
AUTOMATICALLY.
2. THEY CREATE STRESS
AND CONFUSION. 1

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STRESS

OVERTHINKING CAN INCREASE **STRESS** AND MAKE DECISIONS HARDER.

WHAT IS "STRESS"?

FEELING WORRIED OR PRESSURED



My body...

HOW DOES YOUR BODY FEEL WHEN YOU ARE STRESSED?

2



... calmer.

WHICH ACTIVITIES HELP YOU FEEL CALMER?

2

HOW CAN STRESS BE REDUCED?



By taking breaks
and focusing on solutions.

1. BY TAKING BREAKS AND FOCUSING ON SOLUTIONS.
2. BY IGNORING IT COMPLETELY. 2

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WHY CAN OVERTHINKING INCREASE STRESS?

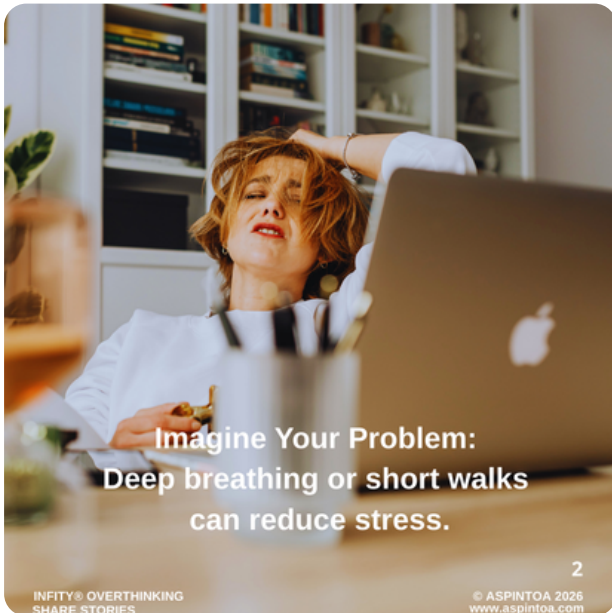


It makes small
problems feel bigger.

1. IT SOLVES EVERYTHING MAGICALLY.
2. IT MAKES SMALL PROBLEMS FEEL BIGGER. 2

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Imagine Your Problem:
Deep breathing or short walks
can reduce stress.

2

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Share Your Solution:
What is your favorite way to relax
when overthinking?

2

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DECISIONS

OVERTHINKING CAN MAKE
IT HARD TO MAKE
DECISIONS QUICKLY.

WHAT ARE "DECISIONS"?

CHOOSING WHAT TO DO



When there are...

HOW DO YOU DECIDE WHEN
THERE ARE MANY OPTIONS?

3



I have...

HAVE YOU EVER WAITED TOO
LONG TO DECIDE? WHY?

3

WHY CAN OVERTHINKING SLOW DECISIONS?



It focuses too much
on all possibilities.

1. IT FOCUSES TOO MUCH
ON ALL POSSIBILITIES.
2. IT AUTOMATICALLY CHOOSES
THE BEST OPTION.

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3

HOW CAN DECISION-MAKING IMPROVE?



By listing options
and choosing step by step.

1. BY AVOIDING CHOICES
ALTOGETHER.
2. BY LISTING OPTIONS AND
CHOOSING STEP BY STEP.

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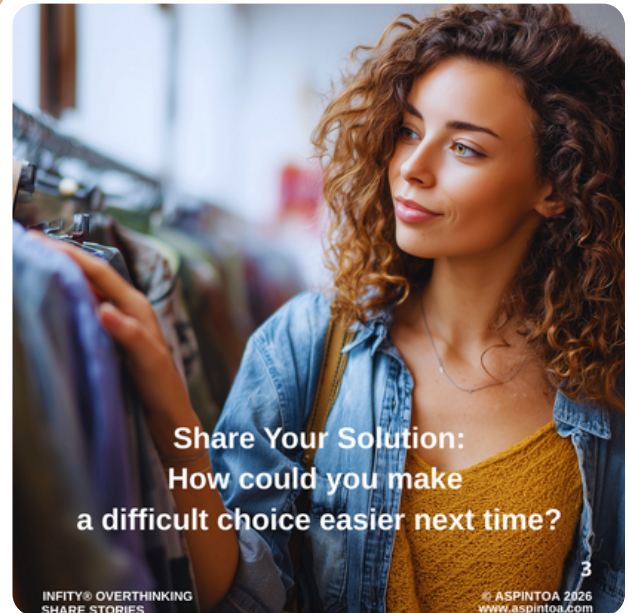


Imagine Your Problem:
Breaking big decisions
into smaller steps can help.

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Share Your Solution:
How could you make
a difficult choice easier next time?

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FOCUS

OVERTHINKING CAN
DISTRACT **FOCUS** FROM
IMPORTANT TASKS.

WHAT IS "FOCUS"?

CONCENTRATING
ON ONE TASK



I stay...

HOW DO YOU STAY FOCUSED
WHEN YOUR MIND IS BUSY?

4



... tasks.

WHAT HELPS YOU CONCENTRATE
ON IMPORTANT TASKS?

4

WHY DOES OVERTHINKING AFFECT FOCUS?



It distracts attention
from the main task.

1. IT DISTRACTS ATTENTION FROM THE MAIN TASK.
2. IT AUTOMATICALLY IMPROVES FOCUS.

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HOW CAN YOU REGAIN FOCUS?



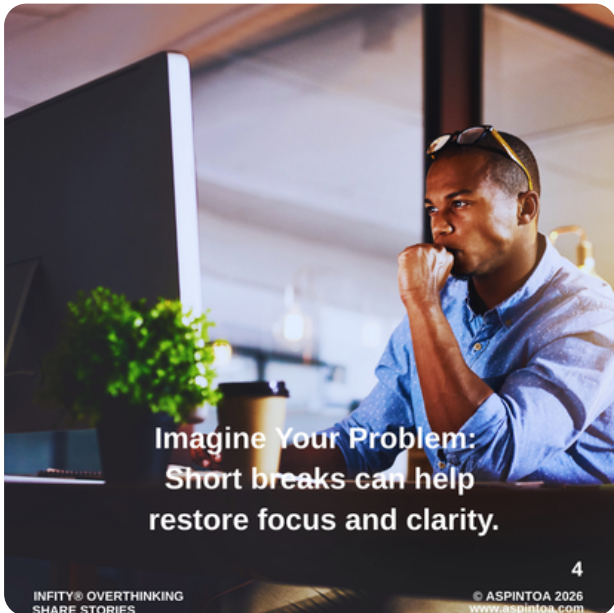
By taking a break
or organizing thoughts.

1. BY THINKING MORE AT THE SAME TIME.
2. BY TAKING A BREAK OR ORGANIZING THOUGHTS.

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SOLUTIONS

THINKING CLEARLY HELPS
FIND GOOD SOLUTIONS.

WHAT ARE "SOLUTIONS"?

WAYS TO SOLVE PROBLEMS
EFFECTIVELY



I solve...

HOW DO YOU USUALLY
SOLVE PROBLEMS?



I feel...

WHAT STRATEGIES HELP YOU
FEEL CONFIDENT WHEN
DECIDING?

WHY IS CLEAR THINKING IMPORTANT FOR SOLUTIONS?



It helps find effective
and realistic answers.

1. IT MAKES THE BEST SOLUTIONS
APPEAR AUTOMATICALLY.
2. IT HELPS FIND EFFECTIVE AND
REALISTIC ANSWERS.

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HOW CAN OVERTHINKING PREVENT FINDING SOLUTIONS?



By focusing on worries
instead of options.

1. BY FOCUSING ON WORRIES
INSTEAD OF OPTIONS.
2. BY MAGICALLY FIXING
EVERYTHING.

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Imagine Your Problem:
Writing pros and cons can help
decide the best solution.

5

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Share Your Solution:
Can you think of a method
to make problem-solving easier?

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SUPPORT

TALKING TO OTHERS
CAN REDUCE OVERTHINKING
AND STRESS.

WHAT IS "SUPPORT"?

HELP FROM FRIENDS,
TEACHERS, OR TOOLS



... are hard.

WHO HELPS YOU WHEN
DECISIONS ARE HARD?



Talking...

HOW DOES TALKING TO
SOMEONE REDUCE WORRIES?

WHY IS SUPPORT IMPORTANT?



It gives advice, perspective,
and encouragement.

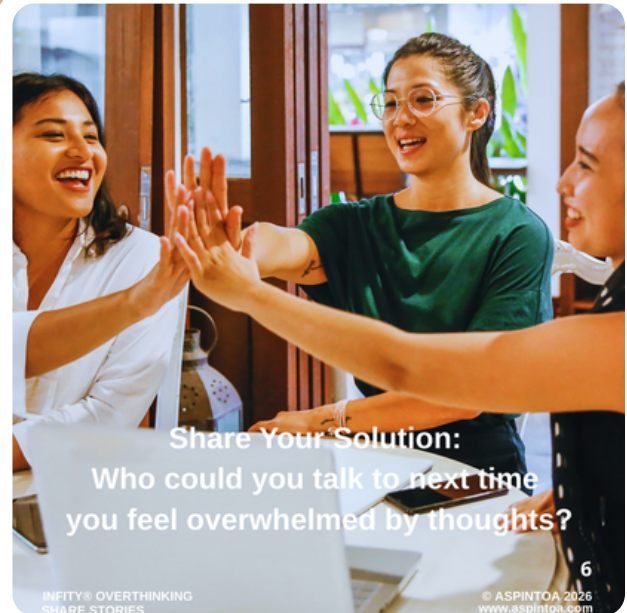
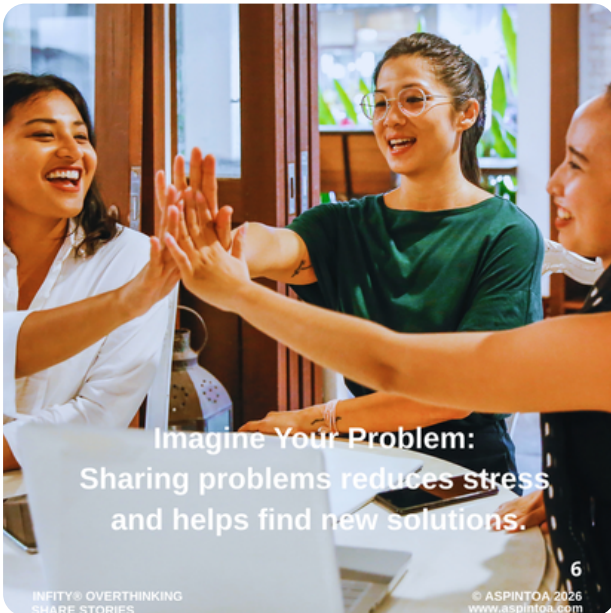
1. IT GIVES ADVICE, PERSPECTIVE,
AND ENCOURAGEMENT.
2. IT MAGICALLY SOLVES YOUR
WORRIES.

HOW CAN YOU USE SUPPORT EFFECTIVELY?



By asking for help
or sharing thoughts.

1. BY AVOIDING EVERYONE.
2. BY ASKING FOR HELP
OR SHARING THOUGHTS.



Choose Topics in English



Choose Topics in Czech





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ASPINTOA® develops a 4D Lifelong Learning System using a 4-step method.

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