**EAPondering – “How Do I Stop Overthinking This?”**

A message from your Employee Assistance Program

Sometimes the simplest solution is actually the best way to go. If you have ever shaken your head in frustration trying to get a worrisome thought to leave you alone, these research-based, best practices in the form of simple, easy-to-understand suggestions may help.

In her blog post from *Psychology Today.com* Amy Morin, LCSW, author of *13 Things Mentally Strong People Don’t Do* (Harper Collins 2014) shares profound insights to help release your anxious, worried mind from its exhausting work of overthinking*.*

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If you would like to learn more about relief from worry and anxiety, or any other concern, the UConn Health EAP provides confidential, free, professional consultation, brief counseling and/or referral for faculty, staff, graduate assistants and household family members to help identify and resolve problems or concerns affecting you, your family or your job.

Call today for a private, no-hassle appointment.

860-679-2877 Statewide

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