

# NAT'S: OVERTHINKER'S ESCAPE PLAN

3 Tools to Quiet Your Racing Mind + Switch Off Stress

## Sense Anchor

### Notice

3 things you see  
2 things you hear  
1 thing you smell



### Why?

Shifts your focus from spiralling thoughts into the present moment.



### Why?

Signals safety to your body and eases tension fast.

## Touch Anchor

Hand to heart.  
Hand to belly.  
Feel the warmth.

## Body Awareness

Body Scan slowly:  
feet → legs →  
hands → face.

### Why?

Gives your mind a calming task so your body can let go.

Turn these 3 tools into one calming journey.

Listen to the  
Overthinker's Escape Plan Audio

Anchor Your Energy · Quiet Your Inner Critic · Restore Deep Sleep



Nervous System Wisdom You Can Feel

[www.littlesoulshack.com](http://www.littlesoulshack.com)