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We only live once

Sometimes the worst place we can be is in our own head. In the result of overthinking every little thing, some people just kill their happiness. It destroys people not only mentally, but also physically.

Chronic over thinking and worrying can put person's cardiovascular health at risk. Chest pains, tachycardia, light-headedness are some of the problems that over thinking can pose. It can also alter brain functions by changing its structure and connectivity. Researchers at the University of California, Berkeley also revealed that chronic stress causes mental problems such as anxiety and mood disorders. "Overthinking can affect how you experience and engage with the world around you — preventing you from making important decisions, keeping you from enjoying the present moment and draining you of the energy you need to handle daily stressors," says Dr. J. Christopher Fowler, director of professional wellness at Houston Methodist. In the worst case scenario, overthinking can push the person into suicidal decisions.

So what we need to do is break this cycle. At the present time, quite a lot of technologies have been invented for different areas of life. But why not come up with something that would prevent overthinking? Something that could reduce the number of horrifying consequences.

In my view, awareness of the brevity of life is a logical way of tackling overthinking. Maybe we should invent a device that will tell if a person thinks too much and remind him how wonderful life really is, that a bad day does not mean a person has a bad life. And this is when overthinkers can start to replace all these negative thoughts with positive thoughts for the future. They have to accept the fact, that life is too short to spend it thinking about the little things.

People should try new things, see this enormous world, leave unforgettable memories before the end of their lives. Because we do not live just to exist, we exist to live.