# How to stop overthinking about every little problem in your life





Everyone is free and has the liberty to think. Now it is a matter of choice whether you want to act on your thoughts or continue thinking about it without reaching a conclusion. As tempting as it may be for you to go for the latter option, overthinking is unproductive and adds on to your already existing troubles. While no one can escape it, you can surely detect it and find ways to overcome it. That said, here are some ways to stop yourself from overthinking and help you live a life that's productive and happening.

**Ask yourself whether overthinking is productive**

Urging your brain to look for possible solutions and making it work to map out a plan is extremely useful. However, overthinking and going back and forth to the same idea can cripple your mind. That said, when you find yourself unnecessarily worrying about matters that are not in your control, it is better to ask yourself whether it is productive at all. If you can do something about it, then it's time to act.

**Enhance your problem-solving abilities**

Thinking about an existing problem is of no use until and unless you're aiming to find a solution. Therefore, in your spare time, look for ways to enrich your problem-solving abilities. Think of ways you can prevent certain situations from arising or if you have already landed yourself in a problem, think of ways you can overcome it. If it is not in your hands, then it is not worth the mental pressure and the stress.

**Distract yourself with more important things**

Rather than dwelling on thoughts that reap no benefits, distract yourself with activities that are productive and will be helpful in the long run. Spend more time with friends and family or take up a project that interests you. This will definitely deviate your mind.

**Look at the grander picture**

Some problems no matter how small they are may seem extremely troubling. However, if you learn to look at the bigger picture, you will realise, in some years, it won't even matter and for some, it will become a source of humour. If it is something you can amend, you must do it without being worried about what others will think of you. Overthinking will only cripple your abilities to act.

**Practice deep breathing or meditate**

At times, all you need is deep breathing and meditation. Instead of overthinking and making your mind suffer, take a deep breath and let your mind and body lean towards peace and harmony. This way your mind will be free of all the conflict and you'll feel more relaxed and ready to overcome your problems.

**Appreciate your successes**

When people overthink, they lose all reasonability. They become critical of oneself and are bitter most of the time. To stop doing that, acknowledge your achievements and your successes. Practice self-love and appreciate the hard work you have put in. Rather than overthinking, pay attention to all the efforts you have put in. If it still does not work, you're not to blame.

**Communicate and seek help**

Sometimes the best way to avoid overthinking is to let all your emotions out. Sharing your feelings with others and communicating all your troubles with your close ones always makes your heart feel a little lighter. This may also help you get a fresh perspective on the problems and provide you with a solution too.

# How to keep kids safe from COVID-19 when schools reopen?



The second wave of coronavirus was devastating for all. Considering the number of COVID cases in children alarmingly spiked during this time, parents became extremely concerned about the health of their kids. Additionally, the unavailability of vaccines for kids only makes things worse.

Now, given that the numbers have dropped and people have almost returned back to their daily activities, discussions around reopening of schools and colleges are ongoing. However, some parents continue to remain sceptical and unsure about whether or not they should send their children back to school again.

While the debate is ongoing, once the schools officially reopen, here's how you can ensure the safety of your kids.

**Make masks a mandate in school premises**

The Centre for Disease Control and Prevention has already made it clear that wearing masks is the best way to protect ourselves from COVID-19 and the variants that have emerged over time. Whether you are vaccinated or are yet to receive your COVID vaccines, masks are the only "temporary" measure to protect yourself.

That said, if and when the schools reopen, authorities should ensure that everyone including the kids, teachers and parents who visit the campus wear masks and maintain all appropriate COVID measures.

**Parents and teachers must get their COVID vaccines**

Since children are not yet eligible for COVID vaccines, parents should make sure that everyone (adults) who come around them are fully vaccinated. Similarly, school authorities should ask their staff to get both their vaccine doses so as to avoid another outbreak. Vaccination at all costs should be prioritized.

**Schools should facilitate ventilated rooms**

Proper ventilation in all school classrooms should be facilitated. Earlier studies have suggested that the SARs-COV-2 virus can spread through air and aerosol transmission can be possible indoors. Keeping that into consideration, windows in the classrooms must be left open and if that is not possible, air purifiers can also do the needful.

**COVID testing should be made compulsory for all**

Before sending your kids back to school, ensure that everyone including yourself and your child is tested for the virus. Teachers and administrative staff should all be tested and must provide their reports before starting the term at the school again. This will only curb the spread of the virus and ensure that everyone's safe and well-protected.



**Classrooms should accommodate a lower number of kids**

Apart from following all COVID-appropriate behaviours, it is also important that crowded classrooms are avoided. Unlike the pre-COVID era, children should not be seated close to one another, which means that the population of the classrooms must be reduced to half. This would adhere to social distancing norms and will avoid any physical contact between kids.

# These parenting mistakes can negatively influence your child's future

One of the purest forms of relationship is between a parent and a child. While a parent helps pave the right path for his or her kid, they also make sure that their child is efficient enough to grab all the opportunities that come their way. However, in doing so, it is important to watch out for all the parenting mistakes you can commit, which may negatively impact your child's future in many different ways. That said, here are some mistakes parents should avoid.

**You love your child, but do not express.**

You may love your child immensely, may even be ready to sacrifice all your riches and life-time savings, but if you're not vocal about it, if you do not tell your kid, you love them, then there is no way they'll know. What a child wants in life is to make their parents proud, to have fun and most importantly to be appreciated and acknowledged for their efforts. As a parent, if you fail to do that, it might leave a dent on your child's psyche and may affect their future in various ways. Therefore, never hesitate to tell your kid how much you love them and appreciate their existence in your life.

**You control their decisions and life choices**

There are times when parents must let their children make important decisions. Controlling every aspect of their life will make them feel restricted over time, and may even make them doubt themselves. Being able to decide, also gives one the confidence to act on the decisions and achieve greatness.

**You hardly pay attention to boundaries**

As a parent, you must give your child enough space. Respect boundaries and do not invade their privacy in any way. As kids grow up, they want to gain control over their lives. Give them that satisfaction, but also monitor their move, without making them feel surveilled. Given that you do not respect their space, they might fail to trust you and may even become suspicious. Lying could become a common trait, which could remain with them even in their adulthood.

**You argue/fight with your spouse in front of them**

Never argue or fight in front of your kids. This may leave a lasting impact of trauma on them, which could make them doubt their own relationships in the future. While parents are people to whom kids look up to, you must set examples of love, trust and loyalty, while also enhancing their problem-solving abilities.

**You have unrealistic expectations**

Everytime you feel that your child is not doing enough, think of all the effort they put in trying to satisfy your demands. Every child is different and has different potentials. Setting unrealistic expectations only pressures your child into more work and no play. They need a break too and if you keep pushing them too much, they won't have the childhood they need. This may also go on to affect their future too.