



STOP OVERTHINKING

Quiet the mind. Strengthen focus. Live with calm and clarity.

This 12-week therapy group is designed to help participants break free from cycles of rumination and self-doubt. Through mindfulness, cognitive-behavioral tools, and supportive discussion, members learn to quiet mental noise, manage uncertainty, and replace overthinking with confidence, clarity, and calm.

Week 1 – January 27 | Understand Your Thoughts

Learn what triggers overthinking and how it affects your emotions, focus, and relationships.

Week 2 – February 03 | Practice Mindfulness

Develop grounding tools to stay present and calm the racing mind.

Week 3 – February 10 | Be Kind to Yourself

Replace harsh inner criticism with self-compassion and understanding.

Week 4 – February 17 | Build Healthy Habits

Create daily structures that support mental clarity and stability.

Week 5 – February 24 | Be Consistent

Identify strategies that work best for you and maintain steady progress.

Week 6 – March 03 | Be Honest

Use reflection and journaling to bring unspoken thoughts into awareness.

Week 7 – March 10 | Be Patient

Recognize that meaningful change is gradual—progress, not perfection.

Week 8 – March 17 | Focus on What You Can Control

Learn to separate controllable factors from what must be released.

Week 9 – March 24 | Let Go of Perfectionism

Challenge the need for certainty and embrace flexibility and growth.

Week 10 – March 31 | Strengthen Decision-Making

Practice trusting your intuition and taking action without over-analysis.

Week 11 – April 07 | Live With Intention

Align your time, energy, and thoughts with your core values.

Week 12 – April 14 | Reflection & Renewal

Integrate all lessons learned and set a plan for maintaining calm and clarity beyond the group.

Details

- **When:** Tuesdays, 6:00 PM – 6:45 PM
- **Start:** January 27, 2026
- **End:** April 14, 2026
- **Where:** Online / Virtual via secure Telehealth platform
- **Facilitated by:** Licensed Mental Health Professionals at Doria Therapeutic Group, PLLC

Format & Structure

- 12 weekly sessions (live and interactive)
- 45-minute guided format including tools, discussion, and reflection
- Led by licensed and pre-licensed clinicians
- Safe, inclusive, and growth-focused environment

Who Should Join?

This group is ideal for adults who:

- Struggle with repetitive or racing thoughts
- Experience anxiety or decision paralysis
- Want to feel more present and in control
- Are open to reflection and personal growth in a supportive setting

Cost & Insurance

Billable through your current insurance plan; benefits will be re-verified prior to enrollment.

Scan me



Please Act Now – Groups Fill Up Fast!

☎ (914) 246-4100 | ✉ dtg.groupservices@doriatherapeuticgroup.com | 🌐 www.doriatherapeuticgroup.com



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