

---

## **When Your Mind Is Racing With Stress, Try Thinking About These 6 Things To Calm Down - Elite Daily**

[When Your Mind Is Racing With Stress, Try Thinking About These 6 Things To Calm Down](#) [1] Elite Daily  
Have you ever felt so incredibly stressed out that your mind refuses to stop racing, no matter what you try to do? Whether you're in a rough patch with your SO ...

By Admin at Thu, 05/24/2018 - 03:00

---

### **Source**

**URL:**<https://www.cbtf.ca/content/when-your-mind-racing-stress-try-thinking-about-these-6-things-calm-down-elite-daily?mini=2027-02&page=123>

### **Links**

[1] <https://www.elitedaily.com/p/6-things-to-think-about-when-youre-stressed-your-mind-is-racing-a-mile-a-minute-9190459>