

ABSTRACT

*Overthinking is the tendency to excessively and repeatedly dwell on certain thoughts, which can significantly impact adolescents' mental health. If not addressed properly, overthinking may develop into more severe psychological disorders such as chronic anxiety, depression, or even suicidal ideation. Clinical approaches are not always the primary choice for adolescents due to access limitations and associated stigma. Meanwhile, the availability of non-clinical educational media that specifically addresses overthinking remains limited, especially those designed with a visual approach. Therefore, alternative media is needed to bridge this gap and support adolescents in recognizing and managing overthinking independently. This study applies a qualitative method using literature review, interviews, and questionnaires. The data were analyzed through visual analysis and comparative matrix techniques. The final design output is a self-help illustrated book titled *Urai, Cuma Kusut Kok, Bukan Simpul Mati*, which combines narrative content, visual elements, and interactive pages. This book is designed to assist adolescents in understanding overthinking through communicative visual delivery. The study produces a non-clinical visual media that can serve as an initial alternative for raising awareness and supporting the management of overthinking among adolescents.*

Keywords: Overthinking, Adolescent Mental Health, Illustration Book