

distanced self talk

imagine advising a friend

broaden the perspective

reframe your experience as a challenge

reinterpret your body's chatter

normalize your experience

Implement

on your own

engage in mental time travel

fly on the wall perspective

write expressively -

adopt the perspective of neutral third party

clutch a lucky charm

perform a ritual

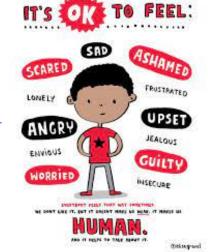














address emotional and cognitive needs

provide invisible support

tell your kids to pretend they're a super hero

touch affectionately

be someone else's placebo

co-rumination trap

Involving Other People build a board of advisors

seek out physical contact

look at a photo of a loved one

perform a ritual with others

minimize passive social media usage

use social media to gain support

Receiving chatter support



Create order in your environment



Increase exposure to green spaces

Involving Environment

Seek out awe-inspiring experiences



