

Implement on your own

distanced self talk



imagine advising a friend



broaden the perspective



reframe your experience as a challenge

reinterpret your body's chatter



normalize your experience



engage in mental time travel

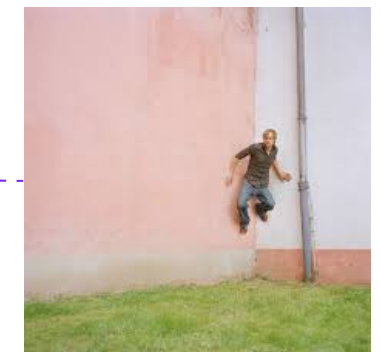


fly on the wall perspective

write expressively



adopt the perspective of neutral third party

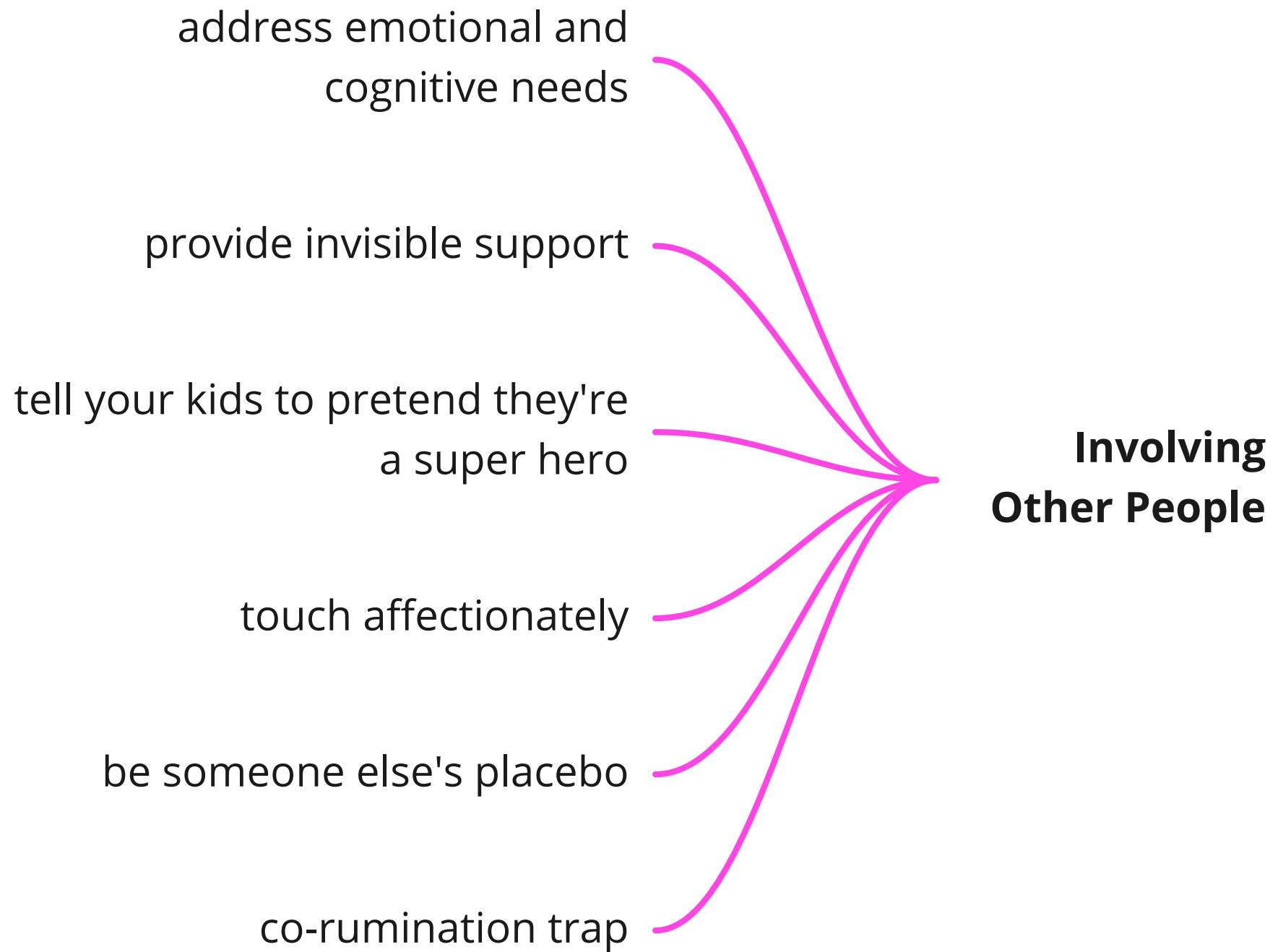


clutch a lucky charm



perform a ritual









Create order in your environment



Increase exposure to green spaces

Seek out awe-inspiring experiences



Involving Environment