**Improve Skill**

Improve the moment by replacing the immediate event that has caused unpleasant emotions with a more positive act, thereby making the moment easier to tolerate.

**01 Imagery**
- Imagine a peaceful place far from your worries. What are the sights, sounds, and smells you notice?
- Image of a safe place, like a relaxing beach.
- Visualize a stressful conversation going well.

**02 Meaning**
- Is there any meaning you can find or create from your situation?
- List the ways you can grow from this experience.
- Find purpose or meaning in your daily activities.

**03 Prayer**
- Praying for strength to get through this difficult moment.
- Channel spirituality.
- Connect with nature.
- Meditate. Repeat a mantra.

**04 Relaxation**
- Brainstorm activities that can bring some relaxations to the situation.
- Warm bath/shower, deep breathing, practice yoga.
- Go for a walk, massage your neck, stretch.

**05 One thing in the moment**
- Immerse yourself in a simple or repetitive activity that requires your full engagement.
- Organize your room/closet/desk.
- Pulling weeds, gardening, cooking, baking.

**06 Vacation**
- Take a mini break from your worries and do something fun or nourishing.
- Read or watch something that interests you.
- Call a good friend. Go to your favorite café for a treat.

**07 Encouragement**
- Practice being the best advocate for yourself by saying positive affirmations out loud.
- “I got this!” “I survived before, and I’ll survive again.” “I’ll be ok.”