

PESSN

# TEMPORAL DISTANCING

TEMPORAL DISTANCING IS A PSYCHOLOGICAL TECHNIQUE WHERE WE STEP AWAY FROM A SITUATION OR POSITION SO THAT WE CAN GAIN PERSPECTIVE.

- STOP WHAT YOU'RE DOING AND TAKE A BREATH.
- PUT DOWN YOUR PHONE AND OTHER DISTRACTING DEVICES.
  - FIND MINDFUL MOMENTS IN EVERYDAY TASKS.
- CREATE AN ATTITUDE THAT IS NON-JUDGEMENTAL AND KIND.
  - PAY ATTENTION TO THE PRESENT MOMENT.
- ACKNOWLEDGE DIFFICULT SITUATIONS AND CHALLENGING EMOTIONS, DON'T SUPPRESS OR AVOID THEM.



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