



FIGURE 1 Emotion regulation task. Participants received one of four instructions prior to watching the video clip. After each clip, participants rated their level of distress (1 = no distress at all, 6 = the worst possible distress) on a visual analog scale (VAS), which is an adapted version of the Wong and Baker's FACES scale. Instructions consisted of (1) LOOK, a control condition during which participants were instructed to passively view the video clip, (2) DISTRACT, a non-meditation condition during which participants were instructed to count backwards from ten, and two meditation emotion regulation techniques: (3) BREATH, during which participants were instructed to focus their attention on their breathing, and (4) ACCEPT, during which participants were instructed to pay attention to the emotions they were experiencing in a nonjudgement way.