

A young child with curly brown hair is covering their eyes with their hands. The child is wearing a dark blue long-sleeved shirt. The background is a soft-focus outdoor setting.

CAROLINE
WEBB

how to have a
**good
day**[®]

CAROLINEWEBB.CO/LIVE

WEDNESDAYS AT 10AM ET

EPISODE 6

How To Get Healthy Distance
From Your Problems

Get some healthy distance from your problem

DISTRACTION: do something you enjoy, do something physical

DISTANCING QUESTIONS:

Distant time

- "What will I think about this when I look back in a year's time?"
- "What will I be glad I've learned from this in future?"

Distant person

- "What would I advise someone else in my shoes?"
- "What would my wisest friend or colleague say about this?"

Distant self

- "What would my best self do right now?"
- "What does [your name] feel is the right approach?"



**Find the recording
and materials at:**

carolinewebb.co/live/episode-6

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