GETTING OVER IT
Adjusting your memory board

How can you recover from a bad memory—like being dumped at your best friend’s 21st birthday party?

Brain research points to a realistic way to ease the hurt.

Don’t dwell on how unhappy, embarrassed, or hurt you felt at the time. This will make you feel worse and can lead to depression.

Do think about the non-emotional context of the memory. What was the weather like? Who else was there? What color was the cake? How was the DJ?

Why it works
Focusing away from the emotion and towards the details gets your brain regions working together to manage intense memories, according to researchers at the University of Illinois, 2014.