

Short summary

Difficulties regulating emotional response play an essential role in mood, anxiety, and personality disorders. This study examined the neurophysiological correlates of cognitive reappraisal in SK&P practitioners and controls. Participants were presented aversive pictures and were asked to cognitively change their appraisal of the affective meaning of the pictures by coming with an alternative more positive interpretation of each picture. Results indicate that while initially both groups successfully reduced their negative feelings to the aversive pictures, the effect of reappraisal persisted longer in the SK&P group. This indicates that SK&P can help regulate the emotional response and thus help psychological wellness.