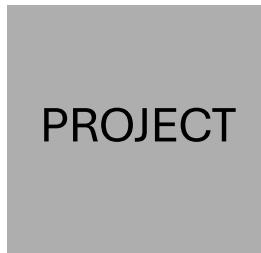


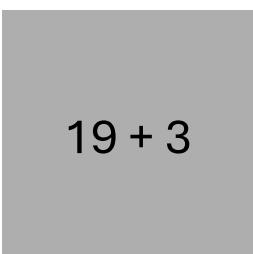
Wait with eyes open



or

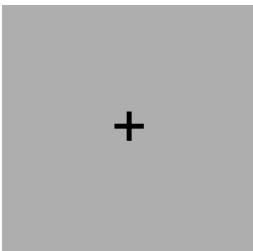
Autobiographical memory task:

- Based on a cue word, recall an event from your personal past. The event should have happened less than three years ago, and last less than a day.
- **Press a button** when you have selected a memory.
- Silently think about the event in detail until the word disappears, as if experiencing it all over again from first person perspective.



Mental arithmetic task:

- Solve the simple math problem shown
- **Press a button** when solved.
- Iteratively add 3 to the result until the instruction disappears.



Wait with eyes open