Supporting Information. Cognitive-Behavioral Strategies

| Category | Strategy Description & Length of Recording |
|---|---|
| *Symptom Focused Imagery* | *Pain-Focused Imagery*: Instructions to create images of draining pain from the body and using a magical glove to replace or change remaining pain sensations (21:22) |
| | *Fatigue-Focused Imagery*: Instructions to create images of circulating a ball of revitalizing energy throughout the body (21:46) |
| | *Sleep-Focused Imagery*: Instructions to create images of erasing thoughts from the mind and floating into a deep sleep (18:20) |
| *Nature Focused Imagery* | *Beach Imagery*: Instructions to create images of a calm blue ocean beach, walking in the sand, and resting on a beach blanket (24:32) |
| | *Mountain Imagery*: Instructions to create images of walking a trail through a pine forest and reaching a scenic overlook of a river running through a mountain valley (20:24) |
| | *Meadow Imagery*: Instructions to create images of walking a path through a grassy meadow, sitting on a bench in a field of wildflowers, and approaching a small bridge over a creek (19:53) |
| *Relaxation Exercises* | *Progressive Muscle Relaxation*: Instructions to tense and relax groups of muscles throughout the body, from hands to head to toes, noticing the sensations of relaxation (20:45) |
| | *Jaw Relaxation*: Instructions to relax muscles of the mouth, throat, face, and abdomen, stimulating a yawn and release of muscle tension (5:03) |
| | *Rhythmic Breathing*: Instructions to practice slow deep breathing, relax muscles, and repeat a calming word or phrase (7:39) |
| *Nature Sounds* | *Rain storm*: Sounds of a steady gentle rain and distant thunder (23:01) |
| | *Surf and waves*: Sounds of wind, birds, and waves rhythmically washing ashore (24:59) |
| | *Forest*: Sounds of bird calls, an occasional buzzing bug, and gentle breeze rustling tree leaves (24:14) |

Participant training and intervention materials did not identify specific strategies as distraction, but explained that any of the strategies could provide a source of distraction and/or produce feelings of relaxation.