

Supplemental Material 1. The Restoration Scale

How will you describe your emotional responses now?

Grouchy	-4□	-3□	-2□	-1□	0□	1□	2□	3□	4□	Good natured
Anxious	-4□	-3□	-2□	-1□	0□	1□	2□	3□	4□	Relaxed

How will you describe your physiological responses now?

	Not at all								Very much so	
My breathing is becoming faster.	-4□	-3□	-2□	-1□	0□	1□	2□	3□	4□	
My hands are sweating.	-4□	-3□	-2□	-1□	0□	1□	2□	3□	4□	

How will you describe your cognitive responses now?

	Not at all								Very much so	
I am interested in this environment.	-4□	-3□	-2□	-1□	0□	1□	2□	3□	4□	
I feel attentive to this environment.	-4□	-3□	-2□	-1□	0□	1□	2□	3□	4□	

How will you describe your behavioral responses now?

	Not at all								Very much so	
I would like to visit here more often.	-4□	-3□	-2□	-1□	0□	1□	2□	3□	4□	
I would like to stay here longer.	-4□	-3□	-2□	-1□	0□	1□	2□	3□	4□	

Note: The eight questions were rephrased to fit the context of this study.

Supplemental Material 2. Summarized results of MANOVAs on PAD Emotion Scale (experiment 1).

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
Pleasure	Treatment × Time	6.102	0.001	0.136	C	Pre Post	1.300 (1.427) 0.589 (1.038)	C-S C-A	-0.440 -0.726	0.940 0.654
						Pre Post	1.528 (1.096) -0.139 (1.201)	C-SA	-0.170	1.209
					A	Pre Post	1.278 (1.437) 0.683 (1.264)	S-A S-SA	-0.976 -0.420	0.404 0.959
						Pre Post	1.400 (1.167) -0.550 (1.292)	A-SA	-0.134	1.245
	Time (pre-post)	80.218	0.000	0.409	Pre Post	1.376 (1.278) 0.146 (1.294)	Pre-Post	0.958	1.503	Pre>Post
	Interaction									
	C	11.154	0.002	0.278	Pre Post	1.300 (1.427) 0.589 (1.038)	Pre-Post	0.276	1.147	Pre>Post
					Pre Post	1.528 (1.096) -0.139 (1.201)	Pre-Post	1.115	2.218	Pre>Post
	A	3.954	0.056	0.120	Pre Post	1.278 (1.437) 0.683 (1.264)	Pre-Post	-0.017	1.206	
					Pre Post	1.400 (1.167) -0.550 (1.292)	Pre-Post	1.321	2.579	Pre>Post
Arousal	Treatment × Time	25.158	0.000	0.394	C	Pre Post	-0.833 (1.835) -1.744 (1.534)	C-S C-A	-1.448 -2.720	0.170 -1.102
						Pre Post	-0.217 (1.421) -1.083 (1.355)	C-SA	-2.306	-0.688
					A	Pre Post	-0.144 (1.323) 1.389 (0.968)	S-A S-SA	-2.081 -1.668	-0.463 -0.049
						Pre Post	0.078 (1.448) 0.339 (1.084)	A-SA	-0.395	1.223
	Treatment (C, S, A, SA)	16.191	0.000	0.295	SA	Pre Post	0.078 (1.448) 0.339 (1.084)	A-SA	-0.395	1.223
						Pre Post	0.078 (1.448) 0.339 (1.084)	A-SA	-0.395	1.223

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
	Time (pre-post)	0.001	0.971	0.000	Pre Post	-0.279 (1.419) -0.275 (1.743)	Pre-Post	-0.232	0.224	
	Interaction									
	C	13.135	0.001	0.312	Pre Post	-0.833 (1.385) -1.744 (1.534)	Pre-Post	0.397	1.425	Pre>Post
	S	24.690	0.000	0.460	Pre Post	-0.217 (1.421) -1.083 (1.355)	Pre-Post	0.510	1.223	Pre>Post
	A	33.490	0.000	0.536	Pre Post	-0.144 (1.323) 1.389 (0.968)	Pre-Post	-2.075	-0.991	Post>Pre
	SA	1.415	0.244	0.047	Pre Post	0.078 (1.448) 0.339 (1.084)	Pre-Post	-0.710	0.188	
	Treatment × Time	2.507	0.062	0.061	C Pre Post	0.506 (1.743) 0.178 (1.232)	C-S	-0.569	0.521	
					S Pre Post	0.650 (1.136) -0.111 (1.112)	C-A C-SA	-0.760 -0.585	0.696 0.569	
Dominance	Treatment (C, S, A, SA)	0.264	0.851	0.007	A Pre Post	0.661 (1.115) 0.261 (1.007)	S-A S-SA	-0.832 -0.657	0.449 0.624	
					SA Pre Post	0.867 (1.166) -0.294 (1.274)	A-SA	-0.466	0.816	
	Time (pre-post)	30.061	0.000	0.206	Pre Post	0.671 (1.106) 0.008 (1.168)	Pre-Post	0.423	0.902	Pre>Post

C denotes control, S denotes scenario, A denotes attention depletion, and SA denotes psychophysiological stress and attention depletion.

Supplemental Material 3. Summarized results of MANOVAs on PAD Emotion Scale (experiment 2).

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
Pleasure	Treatment × Time	2.654	0.054	0.087	C	Pre Post	1.333 (0.956) 0.449 (1.132)	C-S C-A	-0.299 -0.742	1.149 0.706
						Pre Post	1.152 (1.086) -0.220 (0.807)	C-SA	-0.111	1.354
					A	Pre Post	1.258 (1.396) 0.561 (1.360)	S-A S-SA	-1.175 -0.545	0.289 0.937
						Pre Post	1.222 (1.167) -0.683 (1.444)	A-SA	-0.101	1.380
	Time (pre-post)	54.489	0.000	0.393	Pre Post	1.242 (1.142) 0.040 (1.290)	Pre-Post	0.887	1.541	Pre>Post
	Treatment × Time	12.476	0.000	0.308	C	Pre Post	-0.783 (1.324) -1.732 (1.383)	C-S C-A	-1.093 -2.358	0.631 -0.634
						Pre Post	-0.939 (1.443) -1.114 (1.189)	C-SA	-2.102	-0.357
					A	Pre Post	-0.636 (1.874) 1.114 (1.447)	S-A S-SA	-2.137 -1.880	-0.394 -0.117
						Pre Post	-0.952 (1.396) 0.897 (1.174)	A-SA	-0.615	1.148
Arousal	Time (pre-post)	9.677	0.003	0.103	Pre Post	-0.826 (1.503) -0.239 (1.790)	Pre-Post	-1.105	-0.223	Post>Pre
	Interaction									
	C	19.202	0.000	0.466	Pre Post	-0.783 (1.324) -1.732 (1.383)	Pre-Post	0.500	1.399	Pre>Post
	S	0.258	0.617	0.012	Pre Post	-0.939 (1.443) -1.114 (1.189)	Pre-Post	-0.540	0.888	
	A	11.127	0.003	0.346	Pre Post	-0.636 (1.874) 1.114 (1.447)	Pre-Post	-2.841	-0.659	Post>Pre
	SA	16.520	0.001	0.452	Pre Post	-0.952 (1.396) 0.897 (1.174)	Pre-Post	-2.789	-0.900	Post>Pre
	Dominance	2.294	0.084	0.076	C	Pre	0.506 (1.743)	C-S	-0.290	0.938

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
Treatment × Time					Post	0.178 (1.232)	C-A	-0.748	0.480	
					Pre	0.650 (1.136)	C-SA	-0.316	0.928	
					Post	-0.111 (1.112)				
Treatment (C, S, A, SA)		1.949	0.128	0.065	A Pre	0.661 (1.115)	S-A	-1.079	0.163	
					A Post	0.261 (1.007)	S-SA	-0.646	0.610	
					SA Pre	0.867 (1.166)	A-SA	-0.188	1.069	
					SA Post	-0.294 (1.274)				
Time (pre-post)		20.566	0.000	0.197	Pre Post	0.671 (1.106) 0.008 (1.168)	Pre-Post	0.415	1.064	Pre>Post

C denotes control, S denotes scenario, A denotes attention depletion, and SA denotes psychophysiological stress and attention depletion.

Supplemental Material 4. Summarized results of MANOVAs on Well-being Measures (experiment 1).

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
Effective functioning	Treatment × Time	4.903	0.003	0.113	C	Pre Post	0.203 (0.574) 0.207 (0.617)	C-S C-A	-0.294 -0.485	0.420 0.229
						Pre Post	0.377 (0.539) -0.093 (0.474)	C-SA	-0.414	0.300
					A	Pre Post	0.277 (0.755) 0.390 (0.635)	S-A S-SA	-0.549 -0.477	0.165 0.237
						Pre Post	0.370 (0.581) 0.153 (0.632)	A-SA	-0.285	0.429
	Time (pre-post)	5.990	0.016	0.049	Pre Post	0.307 (0.614) 0.164 (0.611)	Pre-Post	0.027	0.258	Pre>Post
	Interaction									
	C	0.002	0.964	0.000	Pre Post	0.203(0.574) 0.207 (0.617)	Pre-Post	-0.155	0.148	
					Pre Post	0.377 (0.539) -0.093 (0.474)	Pre-Post	0.229	0.711	Pre>Post
	A	1.540	0.225	0.050	Pre Post	0.277 (0.755) 0.390 (0.635)	Pre-Post	-0.300	0.073	
					Pre Post	0.370 (0.581) 0.153 (0.632)	Pre-Post	-0.116	0.550	
At peace	Treatment × Time	9.301	0.000	0.914	C	Pre Post	0.311 (0.638) 0.717 (0.665)	C-S C-A	-0.289 -0.091	0.483 0.680
						Pre Post	0.639 (0.607) 0.194 (0.608)	C-SA	-0.164	0.608
					A	Pre Post	0.278 (0.782) 0.161 (0.645)	S-A S-SA	-0.189 -0.261	0.583 0.511
						Pre Post	0.433 (0.513) 0.150 (0.690)	A-SA		
	Treatment (C, S, A, SA)	1.656	0.180	0.041	SA	Pre Post				

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
Distracted	Time (pre-post)	3.296	0.072	0.028	Pre Post	0.415 (0.650) 0.306 (0.687)	Pre-Post	-0.010	0.229	
	Interaction									
	C	15.640	0.000	0.350	Pre Post	0.311 (0.638) 0.717 (0.665)	Pre-Post	-0.615	-0.196	Post>Pre
	S	9.748	0.004	0.252	Pre Post	0.639 (0.607) 0.194 (0.608)	Pre-Post	0.153	0.736	Pre>Post
	A	1.049	0.314	0.035	Pre Post	0.278 (0.782) 0.161 (0.645)	Pre-Post	-0.116	0.350	
	SA	5.462	0.027	0.159	Pre Post	0.433 (0.513) 0.150 (0.690)	Pre-Post	0.035	0.531	Pre>Post
	Treatment × Time	3.254	0.024	0.078	C Pre Post	-0.290 (0.809) -0.048 (0.765)	C-S C-A	-0.722 -0.477	0.232 0.477	
					S Pre Post	0.148 (0.607) 0.005 (0.596)	C-SA	-0.470	0.484	
	Treatment (C, S, A, SA)	0.971	0.409	0.024	A Pre Post	-0.224 (0.791) -0.114 (0.749)	S-A S-SA	-0.232 -0.225	0.722 0.730	
					SA Pre Post	-0.076 (0.821) -0.276 (0.881)	A-SA	-0.470	0.484	
Distracted	Time (pre-post)	0.002	0.967	0.000	Pre Post	-0.111 (0.771) -0.108 (0.753)	Pre-Post	-0.117	0.113	
	Interaction									
	C	8.721	0.006	0.231	Pre Post	-0.290 (0.809) -0.048 (0.765)	Pre-Post	-0.411	-0.075	Post>Pre
	S	2.669	0.113	0.084	Pre Post	0.148 (0.607) 0.005 (0.596)	Pre-Post	-0.036	0.322	
	A	0.853	0.363	0.029	Pre Post	-0.224 (0.791) -0.114 (0.749)	Pre-Post	-0.352	0.133	
	SA	1.577	0.219	0.052	Pre Post	-0.076 (0.821) -0.276 (0.881)	Pre-Post	-0.178	0.107	
	Treatment × Time	7.373	0.000	0.160	C Pre Post	0.075 (0.554) 0.292 (0.522)	C-S C-A	-0.350 -0.266	0.293 0.377	

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor		Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
Treatment (C, S, A, SA)		0.250	0.861	0.006	S	Pre	0.388 (0.475)	C-SA	-0.264	0.379
						Post	0.035 (0.402)			
					A	Pre	0.110 (0.631)	S-A	-0.238	0.405
						Post	0.146 (0.536)			
					SA	Pre	0.242 (0.497)	A-SA	-0.319	0.324
						Post	0.009 (0.603)			
Time (pre-post)		3.078	0.082	0.026	Pre		0.204 (0.550)	Pre-Post	-0.011	0.177
Interaction					Post		0.120 (0.526)			
	C	18.272	0.000	0.387	Pre		0.075 (0.554)	Pre-Post	-0.321	-0.113
					Post		0.292 (0.522)			
	S	11.745	0.002	0.288	Pre		0.388 (0.475)	Pre-Post	0.142	0.563
					Post		0.035 (0.402)			
	A	0.257	0.616	0.009	Pre		0.110 (0.631)	Pre-Post	-0.178	0.107
					Post		0.146 (0.536)			
	SA	3.022	0.093	0.093	Pre		0.242 (0.497)	Pre-Post	-0.041	0.508
					Post		0.009 (0.603)			

C denotes control, S denotes scenario, A denotes attention depletion, and SA denotes psychophysiological stress and attention depletion.

Supplemental Material 5. Summarized results of MANOVAs on Well-being Measures (experiment 2).

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
Effective functioning	Treatment × Time	1.528	0.213	0.052	C	Pre Post	0.222 (0.746) 0.104 (0.686)	C-S C-A	-0.301 -0.723	0.636 0.213
						Pre Post	0.168 (0.588) -0.177 (0.812)	C-SA	-0.397	0.551
					A	Pre Post	0.405 (0.672) 0.432 (0.555)	S-A S-SA	-0.896 -0.569	0.051 0.389
						Pre Post	0.252 (0.605) -0.081 (0.679)	A-SA	-0.147	0.812
	Time (pre-post)	7.015	0.010	0.077	Pre Post	0.261(0.652) 0.072(0.716)	Pre-Post	0.048	0.337	Pre>Post
	Treatment × Time	4.248	0.008	0.132	C	Pre Post	0.326 (0.778) 0.493 (0.673)	C-S C-A	-0.357 -0.463	0.501 0.395
						Pre Post	0.462 (0.559) 0.212 (0.706)	C-SA	-0.275	0.594
					A	Pre Post	0.621 (0.628) 0.265 (0.511)	S-A S-SA	-0.540 -0.352	0.328 0.526
						Pre Post	0.587 (0.547) -0.087 (0.834)	A-SA	-0.246	0.632
At peace	Time (pre-post)	10.869	0.001	0.115	Pre Post	0.496 (0.637) 0.227 (0.708)	Pre-Post	0.111	0.446	Pre>Post
	Interaction									
	C	3.329	0.082	0.131	Pre Post	0.326 (0.778) 0.493 (0.673)	Pre-Post	-0.356	0.023	
	S	1.380	0.253	0.062	Pre Post	0.462 (0.559) 0.212 (0.706)	Pre-Post	-0.193	0.693	
	A	8.218	0.009	0.281	Pre Post	0.621 (0.628) 0.265 (0.511)	Pre-Post	0.098	0.614	Pre>Post
	SA	9.362	0.006	0.319	Pre Post	0.587 (0.547) -0.087 (0.834)	Pre-Post	0.215	1.134	Pre>Post
	Distracted	2.563	0.060	0.084	C	Pre	0.025 (0.595)	C-S	-0.068	0.944

Variable	Effect	F	p	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc	
								Lower Bound	Upper Bound		
Index score	Treatment × Time	2.171	0.097	0.072	S	Post	0.124 (0.721)	C-A	-0.422	0.590	
						Pre	0.318 (0.687)	C-SA	-0.441	0.583	
						Post	-0.409 (0.660)				
	A				Pre	0.039 (0.755)	S-A	-0.866	0.158		
					Post	-0.058 (0.698)	S-SA	-0.885	0.151		
					SA	Pre	0.238 (0.780)	A-SA	-0.531	0.505	
	Post	-0.231 (0.829)									
	Time (pre-post)	3.573	0.062	0.041	Pre	-0.006 (0.722)	Pre-Post	-0.007	0.286		
					Post	-0.140 (0.743)					
	Treatment × Time	2.912	0.039	0.094	C	Pre	0.191 (0.602)	C-S	-0.164	0.616	
						Post	0.240 (0.575)	C-A	-0.458	0.322	
					S	Pre	0.104 (0.510)	C-SA	-0.292	0.497	
						Post	-0.125 (0.619)				
	Treatment (C, S, A, SA)	1.549	0.208	0.052	A	Pre	0.355 (0.566)	S-A	-0.688	0.100	
						Post	0.213 (0.511)	S-SA	-0.522	0.275	
SA					Pre	0.359 (0.532)	A-SA	-0.228	0.570		
					Post	-0.133 (0.657)					
Interaction	Time (pre-post)	9.573	0.003	0.102	Pre	0.250 (0.556)	Pre-Post	0.073	0.334	Pre>Post	
					Post	0.053 (0.609)					
	C	0.654	0.427	0.029	Pre	0.191 (0.602)	Pre-Post	-0.177	0.078		
					Post	0.240 (0.575)					
	S	1.694	0.207	0.075	Pre	0.104 (0.510)	Pre-Post	-0.137	0.594		
					Post	-0.125 (0.619)					
	A	6.843	0.019	0.236	Pre	0.355 (0.566)	Pre-Post	0.026	0.258	Pre>Post	
					Post	0.213 (0.511)					
	SA	7.118	0.015	0.262	Pre	0.359 (0.532)	Pre-Post	0.107	0.877	Pre>Post	
					Post	-0.133 (0.657)					

C denotes control, S denotes scenario, A denotes attention depletion, and SA denotes psychophysiological stress and attention depletion.

Supplemental Material 6. Summarized results of MANOVAs on Restoration Scale (experiment 1).

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
Emotion	Treatment × Time	5.740	0.001	0.129	C	Pre Post	1.417 (1.661) 1.417 (1.537)	C-S C-A	-0.584 -0.134	C>SA
						Pre Post	1.833 (1.282) 0.483 (1.528)	C-SA	0.057	
					A	Pre Post	1.117 (1.720) 0.300 (1.735)	S-A S-SA	-0.393 -0.201	
						Pre Post	1.517 (1.228) -0.483 (1.653)	A-SA	-0.651	
	Treatment (C, S, A, SA)	3.432	0.019	0.082	SA	Pre Post	1.117 (1.720) 0.300 (1.735)	S-A S-SA	-0.393 -0.201	
						Pre Post	1.517 (1.228) -0.483 (1.653)	A-SA	-0.651	
	Time (pre-post)	34.777	0.000	0.231	Pre Post	1.471 (1.493) 0.429 (1.734)	Pre-Post	0.692	1.392	Pre>Post
	Interaction									
	C	0.000	1.000	0.000		Pre Post	1.417 (1.661) 1.417 (1.537)	Pre-Post	-0.612	0.612
						Pre Post	1.833 (1.282) 0.483 (1.528)	Pre-Post	0.683	2.017
	S	17.127	0.000	0.371		Pre Post	1.833 (1.282) 0.483 (1.528)	Pre-Post	0.683	2.017
						Pre Post	1.117 (1.720) 0.300 (1.735)	Pre-Post	0.031	1.602
	A	4.525	0.042	0.135		Pre Post	1.117 (1.720) 0.300 (1.735)	Pre-Post	0.031	1.602
						Pre Post	1.517 (1.228) -0.483 (1.653)	Pre-Post	1.193	2.807
	SA	25.683	0.000	0.470		Pre Post	1.517 (1.228) -0.483 (1.653)	Pre-Post	1.193	2.807
						Pre Post	1.517 (1.228) -0.483 (1.653)	Pre-Post	1.193	2.807
Physiology	Treatment × Time	3.366	0.021	0.080	C	Pre Post	2.433 (1.585) 2.433 (1.751)	C-S C-A	-0.802 0.106	C>A C>SA
						Pre Post	2.433 (1.644) 1.783 (1.700)	C-SA	0.215	
					A	Pre Post	1.767 (1.675) 0.633 (1.671)	S-A S-SA	-0.219 -0.110	
						Pre Post	1.650 (2.142) 0.533 (2.205)	A-SA	-1.019	
	Treatment (C, S, A, SA)	5.007	0.003	0.115	SA	Pre Post	1.650 (2.142) 0.533 (2.205)	A-SA	-1.019	
						Pre Post	1.650 (2.142) 0.533 (2.205)	A-SA	-1.019	
					SA	Pre Post	1.650 (2.142) 0.533 (2.205)	A-SA	-1.019	
						Pre Post	1.650 (2.142) 0.533 (2.205)	A-SA	-1.019	

Variable	Effect	F	p	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
Cognition	Time (pre-post)	24.939	0.000	0.177	Pre Post	2.071 (1.791) 1.346 (1.989)	Pre-Post	0.437	1.013	Pre>Post
	Interaction									
	C	0.000	1.000	0.000	Pre Post	2.433 (1.585) 2.433 (1.751)	Pre-Post	-0.455	0.455	
	S	4.451	0.044	0.133	Pre Post	2.433 (1.644) 1.783 (1.700)	Pre-Post	0.020	1.280	Pre>Post
	A	12.999	0.001	0.310	Pre Post	1.767 (1.675) 0.633 (1.671)	Pre-Post	0.490	1.776	Pre>Post
	SA	13.255	0.001	0.314	Pre Post	1.650 (2.142) 0.533 (2.205)	Pre-Post	0.489	1.744	Pre>Post
	Treatment × Time	4.894	0.003	0.112	C Pre Post	0.733 (1.804) -0.233 (1.607)	C-S C-A	-0.898 -1.648	1.014 0.264	
					S Pre Post	0.950 (1.704) -0.567 (1.654)	C-SA	-1.364	0.548	
	Treatment (C, S, A, SA)	1.983	0.120	0.049	A Pre Post	0.833 (1.699) 1.050 (1.637)	S-A S-SA	-1.706 -1.423	0.206 0.489	
					SA Pre Post	1.033 (1.098) 0.283 (1.841)	A-SA	-0.673	1.239	
Cognition	Time (pre-post)	21.287	0.000	0.155	Pre Post	0.300 (1.316) -0.129 (1.477)	Pre-Post	0.430	1.078	Pre>Post
	Interaction									
	C	14.147	0.001	0.328	Pre Post	0.733 (1.804) -0.233 (1.607)	Pre-Post	0.441	1.492	Pre>Post
	S	21.348	0.000	0.424	Pre Post	0.950 (1.704) -0.567 (1.654)	Pre-Post	0.845	2.188	Pre>Post
	A	0.327	0.572	0.011	Pre Post	0.833 (1.699) 1.050 (1.637)	Pre-Post	-0.991	0.558	
	SA	5.104	0.032	0.150	Pre Post	1.033 (1.098) 0.283 (1.841)	Pre-Post	0.071	1.429	Pre>Post
Behavior	Treatment × Time	2.577	0.057	0.062	C	Pre 0.800 (1.368) Post 0.250 (0.998)	C-S C-A	-0.068 -0.543	1.652 1.177	

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
Index score	Treatment (C, S, A, SA)	2.445	0.067	0.059	S	Pre Post	0.117 (1.381) -0.650 (1.792)	C-SA	-0.210 1.510	
					A	Pre Post	0.183 (1.296) 0.233 (1.541)	S-A S-SA	-1.335 -1.002	
					SA	Pre Post	0.100 (1.140) -0.350 (1.327)	A-SA	-0.527 1.193	
					Pre Post	0.300 (1.316) -0.129 (1.477)	Pre-Post	0.216 0.642	Pre>Post	
					C	Pre Post	1.346 (1.014) 0.967 (1.025)	C-S C-A	-0.211 -0.178	
					S	Pre Post	1.333 (0.899) 0.263 (1.044)	C-SA	0.052 1.190	C>SA
	Treatment (C, S, A, SA)	2.928	0.037	0.070	A	Pre Post	0.975 (1.027) 0.554 (0.976)	S-A S-SA	-0.536 -0.307	0.603 0.832
					SA	Pre Post	1.075 (0.827) -0.004 (0.992)	A-SA	-0.340 0.798	
	Time (pre-post)	57.862	0.000	0.333	Pre Post	1.182 (0.947) 0.445 (1.060)	Pre-Post	0.545 0.930	Pre>Post	
	Interaction									
Index score	C	6.688	0.015	0.187	Pre Post	1.346 (1.014) 0.967 (1.025)	Pre-Post	0.079 0.679	Pre>Post	
	S	32.256	0.000	0.527	Pre Post	1.333 (0.899) 0.263 (1.044)	Pre-Post	0.685 1.456	Pre>Post	
	A	4.452	0.044	0.133	Pre Post	0.975 (1.027) 0.554 (0.976)	Pre-Post	0.013 0.829	Pre>Post	
	SA	21.738	0.000	0.428	Pre Post	1.075 (0.827) -0.004 (0.992)	Pre-Post	0.606 1.553	Pre>Post	

C denotes control, S denotes scenario, A denotes attention depletion, and SA denotes psychophysiological stress and attention depletion.

Supplemental Material 7. Summarized results of MANOVAs on Restoration Scale (experiment 2).

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor		Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
									Lower Bound	Upper Bound	
Emotion	Treatment × Time	4.955	0.003	0.150	C	Pre	1.239 (1.558)	C-S	-0.368	1.457	
						Post	1.304 (1.528)		C-A	-0.539	
					S	Pre	1.227 (1.142)	C-SA	-0.200	1.648	
						Post	0.227 (1.579)				
	Treatment (C, S, A, SA)	1.652	0.184	0.056	A	Pre	1.295 (1.616)	S-A	-1.093	0.752	
						Post	0.500 (1.155)		S-SA	-0.754	1.113
					SA	Pre	1.619 (1.224)	A-SA	-0.584	1.284	
						Post	-0.524 (1.887)				
	Time (pre-post)	22.621	0.000	0.212	Pre	1.341 (1.389)	Pre-Post	0.563	1.373	Pre>Post	
	Interaction			Post	0.398 (1.663)						
		C	0.074	0.788	0.003		Pre	1.239 (1.558)	Pre-Post	-0.563	0.433
Post							1.304 (1.528)				
S		4.485	0.046	0.176		Pre	1.227 (1.142)	Pre-Post	0.018	1.982	Pre>Post
						Post	0.227 (1.579)				
A		4.653	0.043	0.181		Pre	1.295 (1.616)	Pre-Post	0.029	1.562	Pre>Post
						Post	0.500 (1.155)				
SA		17.363	0.000	0.465		Pre	1.619 (1.224)	Pre-Post	1.070	3.216	Pre>Post
						Post	-0.524 (1.887)				
Physiology	Treatment × Time	7.657	0.000	0.215	C	Pre	2.130 (1.272)	C-S	-0.342	1.736	C>A
						Post	2.696 (1.346)		C-A	0.158	
					S	Pre	2.023 (1.435)	C-SA	-0.294	1.810	
						Post	1.409 (1.777)				
	Treatment (C, S, A, SA)	3.326	0.023	0.106	A	Pre	1.864 (1.767)	S-A	-0.551	1.551	
						Post	0.568 (1.168)		S-SA	-1.002	1.124
					SA	Pre	2.619 (1.303)	A-SA	-1.502	0.624	
						Post	0.690 (2.288)				

Variable	Effect	F	p	η_p^2	Factor		Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc	
									Lower Bound	Upper Bound		
	Time (pre-post)	17.837	0.000	0.175	Pre	Post	2.153 (1.459) 1.364 (1.869)	Pre-Post	0.433	1.203	Pre>Post	
	Interaction											
	C	3.928	0.060	0.152	Pre	Post	2.130 (1.272) 2.696 (1.346)	Pre-Post	-1.157	0.026		
	S	3.027	0.097	0.126	Pre	Post	2.023 (1.435) 1.409 (1.777)	Pre-Post	-0.120	1.347		
	A	12.959	0.002	0.382	Pre	Post	1.864 (1.767) 0.568 (1.168)	Pre-Post	0.547	2.044	Pre>Post	
	SA	13.167	0.002	0.397	Pre	Post	2.619 (1.303) 0.690 (2.288)	Pre-Post	0.820	3.037	Pre>Post	
	Cognition	Treatment × Time	1.482	0.225	0.050	C	Pre	0.652 (1.172)	C-S	-1.235	0.942	
						Post	-0.196 (1.724)	C-A				
						S	Pre	0.659 (1.051)	C-SA	-1.147	1.056	
						Post	0.091 (1.493)					
Treatment (C, S, A, SA)		0.505	0.680	0.018	A	Pre	0.568 (1.247)	S-A	-1.047	0.794		
					Post	0.795 (1.777)	S-SA					-1.012
						SA	Pre	0.619 (1.774)	A-SA	-0.705	1.521	
						Post	-0.071 (2.476)					
Time (pre-post)	5.670	0.020	0.063		Pre	Post	0.625 (1.309) 0.153 (1.900)	Pre-Post	0.077	0.862	Pre>Post	
Behavior	Treatment × Time	0.227	0.877	0.008	C	Pre	0.543 (1.296)	C-S	-0.879	1.302		
					Post	0.152 (1.309)	C-A					-1.197
						S	Pre	0.477 (1.200)	C-SA	-1.172	1.035	
						Post	-0.205 (1.723)					
	Treatment (C, S, A, SA)	0.241	0.867	0.009	A	Pre	0.682 (1.240)	S-A	-1.421	0.784		
					Post	0.227 (1.579)	S-SA					-1.396
						SA	Pre	0.619 (1.322)	A-SA	-1.078	1.153	
						Post	0.214 (2.183)					
Time (pre-post)	11.566	0.001	0.121		Pre	Post	0.580 (1.245) 0.097 (1.697)	Pre-Post	0.201	0.766	Pre>Post	
Index score	Treatment	3.516	0.019	0.112	C	Pre	1.141 (0.732)	C-S	-0.380	1.033		

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
Treatment (C, S, A, SA)	× Time	0.735	0.534	0.026	Post	0.989 (0.930)	C-A	-0.454	0.959	
					S	1.097 (0.766)	C-SA	-0.373	1.057	
						0.381 (0.979)				
					A	1.102 (1.039)	S-A	-0.788	0.641	
					SA	0.523 (1.116)	S-SA	-0.708	0.738	
						1.369 (1.033)	A-SA	-0.641	0.812	
Time (pre-post) Interaction		29.976	0.000	0.263	Pre	1.175 (0.892)	Pre-Post	0.436	0.934	Pre>Post
					Post	0.503 (1.215)				
					Pre	1.141 (0.732)	Pre-Post	-0.101	0.405	
					Post	0.989 (0.930)				
					Pre	1.097 (0.766)	Pre-Post	0.143	1.289	Pre>Post
					Post	0.381 (0.979)				
					Pre	1.102 (1.039)	Pre-Post	0.120	1.039	Pre>Post
					Post	0.523 (1.116)				
					Pre	1.369 (1.033)	Pre-Post	0.569	2.014	Pre>Post
					Post	0.077 (1.636)				

C denotes control, S denotes scenario, A denotes attention depletion, and SA denotes psychophysiological stress and attention depletion.

Supplemental Material 8. Summarized results of ANOVA on backward digit span (experiment 1).

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
BDS	Treatment × Time	0.349	0.790	0.009	C	Pre	9.600 (3.286)	C-S	-2.013	1.846
						Post	10.167 (3.505)			
					S	Pre	9.400 (3.047)	C-A	-0.913	2.946
						Post	10.533 (2.886)			
	Treatment (C, S, A, SA)	1.434	0.236	0.036	A	Pre	8.367 (2.671)	S-A	-0.830	3.030
						Post	9.367 (2.580)			
					SA	Pre	9.767 (3.245)	S-SA	-2.230	1.630
						Post	10.767 (2.738)			
	Time (pre-post)	19.562	0.000	0.144	Pre	9.283 (3.082)	Pre-Post	-1.339	-0.511	Post>Pre
					Post	10.208 (2.959)				

C denotes control, S denotes scenario, A denotes attention depletion, and SA denotes psychophysiological stress and attention depletion.

Supplemental Material 9. Summarized results of ANOVA on backward digit span (experiment 2).

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
BDS	Treatment × Time	1.821	0.149	0.061	C	Pre	9.870 (3.209)	C-S	-2.406	2.092
						Post	10.043 (3.535)			
					S	Pre	9.227 (3.131)	C-SA	-1.769	2.728
						Post	11.000 (3.008)			
	Treatment (C, S, A, SA)	0.760	0.520	0.026	A	Pre	8.955 (2.786)	S-A	-1.637	2.910
						Post	10.000 (2.563)			
					SA	Pre	8.571 (3.075)	S-SA	-1.139	3.462
						Post	9.333 (2.726)			
	Time (pre-post)	14.265	0.000	0.145	Pre Post	9.170 (3.041) 10.102 (2.998)	Pre-Post	-1.433	-0.444	Post>Pre

C denotes control, S denotes scenario, A denotes attention depletion, and SA denotes psychophysiological stress and attention depletion.

Supplemental Material 10. Summarized results of ANOVA on electroencephalography-delta (experiment 1).

Variable	Effect	F	p	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc	
								Lower Bound	Upper Bound		
EEG-Delta	Treatment × Time	27.814	0.000	0.418	C	Pre	13.991 (1.752)	C-S C-A C-SA	-1.698 -1.805 -2.267	0.585 0.478 0.016	
						1-16min	12.422 (1.990)				
						Post	13.850 (1.774)				
					S	Pre	14.398 (1.626)				
						1-16min	13.218 (2.413)				
						Post	14.317 (1.533)				
	Treatment (C, S, A, SA)	2.363	0.075	0.058	A	Pre	13.727 (1.502)	S-A S-SA A-SA	-1.249 -1.711 -1.603	1.035 0.573 0.680	
						1-16min	14.532 (2.001)				
						Post	13.996 (1.534)				
					SA	Pre	14.295 (1.504)				
						1-16min	15.280 (1.864)				
						Post	14.065 (1.461)				
	Time	3.170	0.044	0.027	Pre	14.103 (1.601)	Pre-(1-16min)	-0.049	0.529		
					1-16min	13.863 (2.335)	Pre-Post	-0.119	0.211		
					Post	14.057 (1.569)	Post-(1-16min)	-0.072	0.460		
	Interaction										
	C	35.922	0.000	0.553	Pre	13.991 (1.752)	Pre-(1-16min)	0.966	2.173	Pre>(1-16min)	
					1-16min	12.422 (1.990)	Pre-Post	-0.194	0.476	Post>(1-16min)	
					Post	13.850 (1.774)	Post-(1-16min)	0.848	2.009		
	S	20.105	0.000	0.409	Pre	14.398 (1.626)	Pre-(1-16min) Pre-Post	0.547 -0.202	1.813 0.364	Pre>(1-16min)	
					1-16min	13.218 (2.413)				Post>(1-16min)	
					Post	14.317 (1.533)					

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
							Post-(1-16min)	0.502	1.696	
	A	7.528	0.001	0.206	Pre	13.727 (1.502)	Pre-(1-16min)	-1.436	-0.172	(1-16min)>Pre
					1-16min	14.532 (2.001)	Pre-Post	-0.607	0.070	
					Post	13.996 (1.534)	Post-(1-16min)	-1.127	0.055	
	SA	24.518	0.000	0.458	Pre	14.295 (1.504)	Pre-(1-16min)	-1.530	-0.440	(1-16min)>Pre (1-16min)>Post
					1-16min	15.280 (1.864)	Pre-Post	-0.180	0.641	
					Post	14.065 (1.461)	Post-(1-16min)	-1.655	-0.776	

C denotes control, S denotes scenario, A denotes attention depletion, and SA denotes psychophysiological stress and attention depletion.

Supplemental Material 11. Summarized results of ANOVA on electroencephalography-theta (experiment 1).

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
EEG-Theta	Treatment × Time	1.325	0.247	0.033	C	Pre	-0.290 (0.617)			
						1-16min	-0.179 (0.623)			
						Post	-0.393 (0.621)	C-S	-0.476	0.304
					S	Pre	-0.309 (0.611)	C-A	-0.339	0.440
						1-16min	-0.229 (0.603)	C-SA	-0.358	0.422
						Post	-0.066 (0.637)			
	Treatment (C, S, A, SA)	0.348	0.791	0.009	A	Pre	-0.345(0.693)			
						1-16min	-0.353(0.651)			
						Post	-0.316(0.679)	S-A	-0.253	0.527
					SA	Pre	-0.303(0.596)	S-SA	-0.271	0.508
						1-16min	-0.257(0.612)	A-SA	-0.408	0.372
						Post	-0.400(0.608)			
	Time	4.128	0.017	0.034	Pre	-0.312(0.623)	Pre-(1-16min)	-0.224	0.028	
					1-16min	-0.214(0.632)	Pre-Post	-0.049	0.094	
					Post	-0.335(0.624)	Post-(1-16min)	-0.241	-0.001	1-16min>Post

C denotes control, S denotes scenario, A denotes attention depletion, and SA denotes psychophysiological stress and attention depletion.

Supplemental Material 12. Summarized results of ANOVA on electroencephalography-beta (experiment 1).

Variable	Effect	F	p	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc	
								Lower Bound	Upper Bound		
EEG-Beta	Treatment × Time	4.082	0.001	0.095	C	Pre	0.256 (0.559)	C-S C-A C-SA	-0.371 -0.477 -0.238	0.364 0.258 0.496	
						1-16min	0.252 (0.630)				
						Post	0.306 (0.566)				
					S	Pre	0.406 (0.566)				
						1-16min	0.044 (0.668)				
						Post	0.374 (0.542)				
	Treatment (C, S, A, SA)	1.019	0.387	0.026	A	Pre	0.308 (0.578)	S-A S-SA A-SA	-0.473 -0.235 -0.129	0.261 0.500 0.606	
						1-16min	0.480 (0.517)				
						Post	0.355 (0.580)				
					SA	Pre	0.193 (0.676)				
						1-16min	0.111 (0.664)				
						Post	0.123 (0.566)				
	Time	1.707	0.184	0.014	Pre-1-16min	Pre	0.291 (0.594)	Pre-(1-16min) Pre-Post Post-(1-16min)	-0.041 -0.083 -0.046	0.179 0.086 0.182	
						1-16min	0.222 (0.637)				
						Post	0.289 (0.566)				
	Interaction										
	C	0.305	0.738	0.010	Pre-1-16min	Pre	0.256 (0.559)	Pre-(1-16min) Pre-Post Post-(1-16min)	-0.241 -0.187 -0.136	0.248 0.087 0.244	Pre>(1-16min) Post>(1-16min)
						1-16min	0.252 (0.630)				
						Post	0.306 (0.566)				
	S	9.635	0.000	0.249	Pre-1-16min	Pre	0.406 (0.566)	Pre-(1-16min) Pre-Post Post-(1-16min)	0.105 -0.135 0.070	0.620 0.199 0.591	
						1-16min	0.044 (0.668)				
						Post	0.374 (0.542)				
	A	2.869	0.065	0.090	Pre	0.308 (0.578)	Pre-(1-16min)	-0.353	0.009		

Variable	Effect	<i>F</i>	<i>p</i>	η_p^2	Factor	Mean (SD)	Mean Diff.	95 % Conf. Int.		Post Hoc
								Lower Bound	Upper Bound	
					1-16min	0.480 (0.517)	Pre-Post	-0.209	0.114	
					Post	0.355 (0.580)	Post-(1-16min)	-0.342	0.093	
					Pre	0.193 (0.676)	Pre-(1-16min)	-0.150	0.314	
	SA	0.415	0.663	0.014	1-16min	0.111 (0.664)	Pre-Post	-0.158	0.299	
					Post	0.123 (0.566)	Post-(1-16min)	-0.266	0.289	

C denotes control, S denotes scenario, A denotes attention depletion, and SA denotes psychophysiological stress and attention depletion.