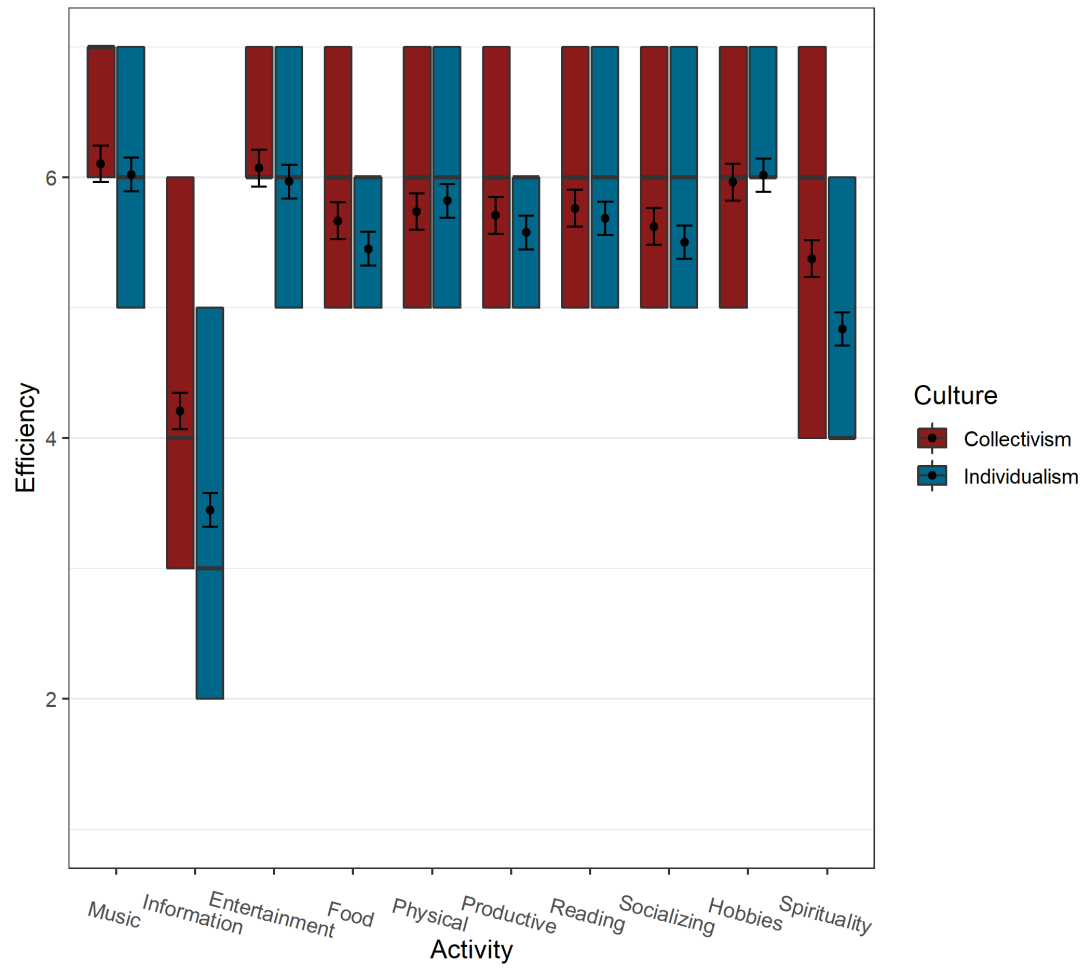
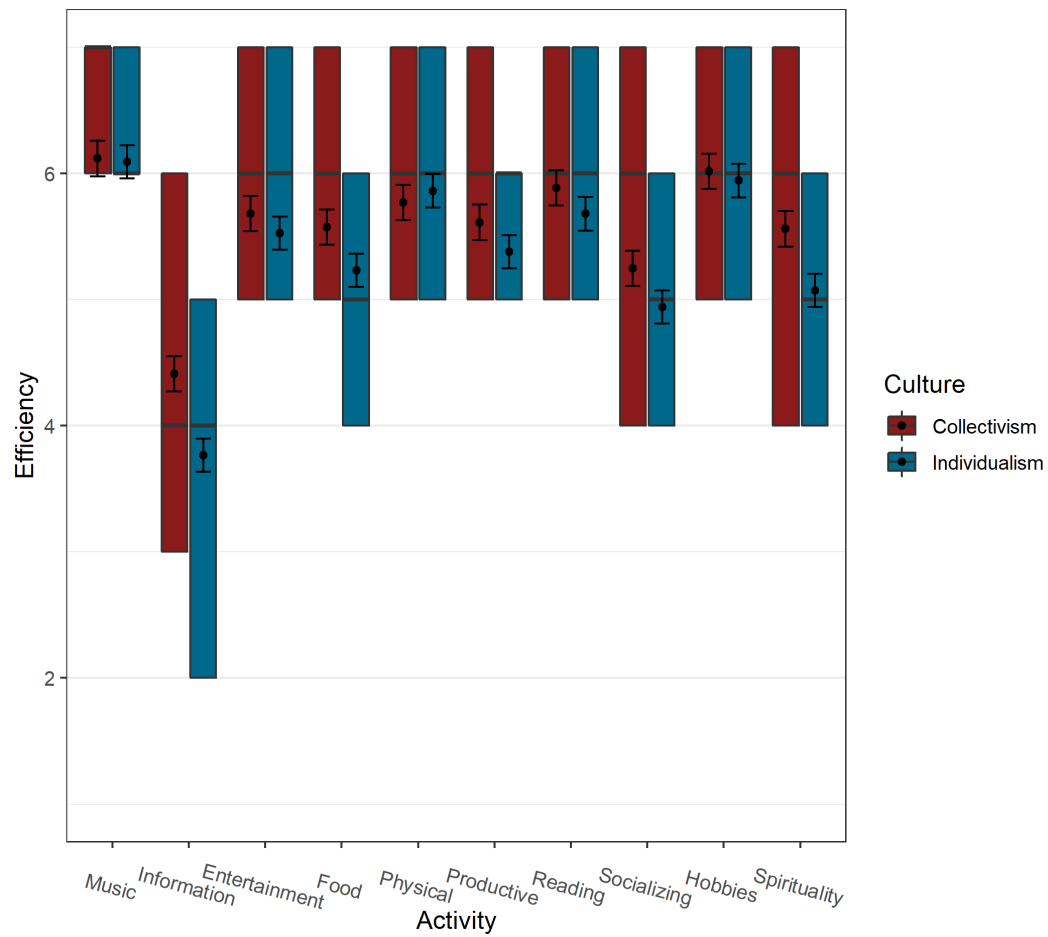


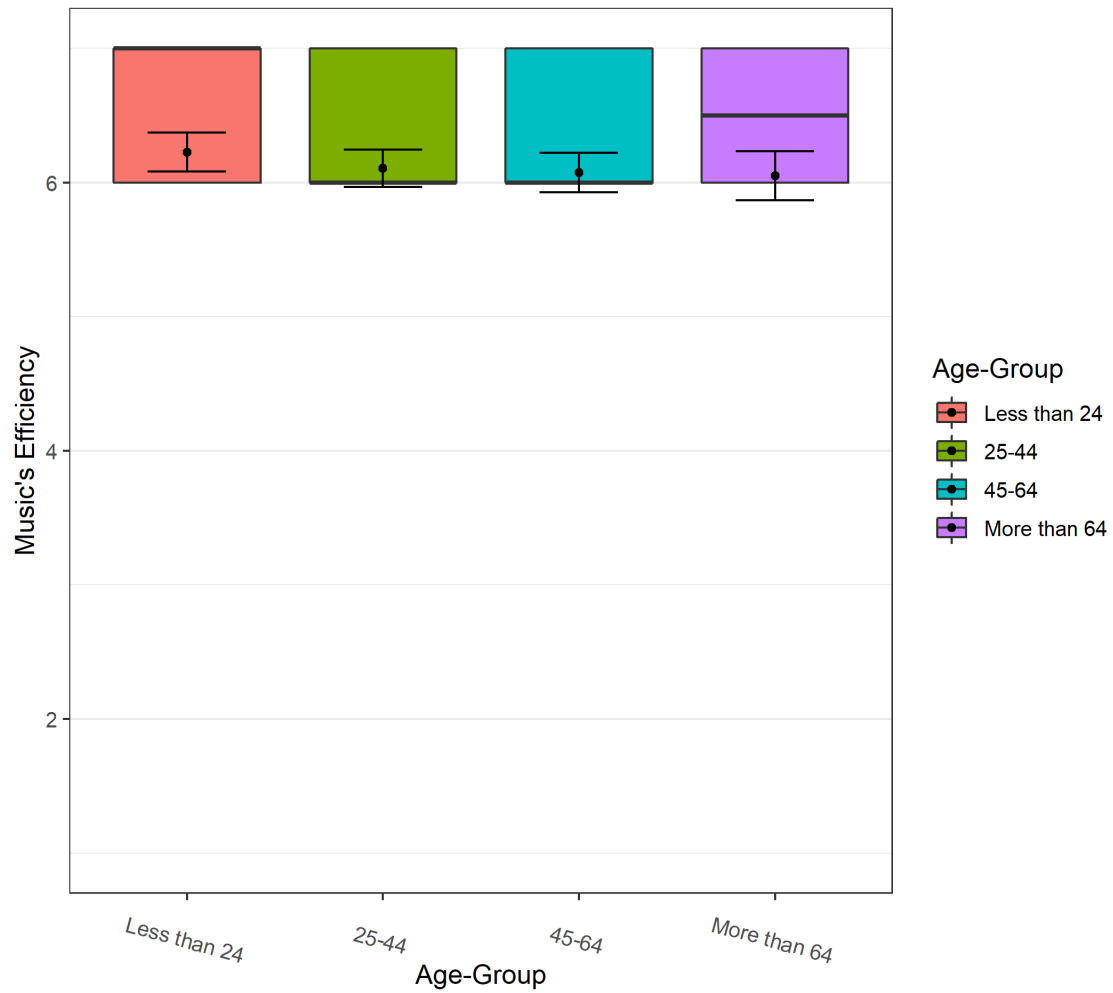
**Figure S1.** Efficiency of activities in 'Venting negative emotions' by culture. Error bars represent 95% CI Colored squares represent the 2<sup>nd</sup> and 3<sup>rd</sup> quartiles of responses. Black lines represent the median, and dots represent the mean.



**Figure S2.** Efficiency of activities in obtaining 'Diversion from the crisis' by culture. Error bars represent 95% CI Colored squares represent the 2<sup>nd</sup> and 3<sup>rd</sup> quartiles of responses. Black lines represent the median, and dots represent the mean.



**Figure S3.** Efficiency of activities in obtaining Self-connection and detachment from the surrounding by culture. Error bars represent 95% CI. Colored squares represent the 2<sup>nd</sup> and 3<sup>rd</sup> quartiles of responses. Black lines represent the median, and dots represent the mean.



**Figure S4.** Efficiency of music in obtaining Enjoyment by age. Error bars represent 95% CI Colored squares represent the 2nd and 3rd quartiles of responses. Black lines represent the median, and dots represent the mean.