

Supplementary Table 1. Overview of MBSR curriculum.

| MBSR CLASS | THEME | EXERCISES |
|-----------------------|--|--|
| 1 | <i>What is mindfulness?</i> | Mindful breathing and body scan |
| 2 | <i>Perception and creative responding</i> | Mindful breathing and body scan |
| 3 | <i>Breathing through the pleasant and unpleasant</i> | Mindful movement (gentle yoga) and mindful breathing |
| 4 | <i>Stress and coping mechanisms</i> | Sitting meditation |
| 5 | <i>Responding versus reacting to stress</i> | Sitting meditation and loving kindness meditation |
| 6 | <i>Interpersonal relations</i> | Sitting meditation and push pull exercise |
| Retreat | <i>Tying it all together with loving kindness meditation</i> | Walking meditation |
| 7 | <i>Mindful eating</i> | Sitting meditation |
| 8 | <i>Life, review and bringing it home</i> | |