**S3 Table.** Content web-based mindfulness training

Content of online training Mindfulness for a Healthier Heart.

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| **Week** | **Content of the training** |
| **1** | **Do you really feel alive, don’t watch but see** |
|  | * Introduction film by Edel Maex
* Likert-scale ‘really living’
* Exercise focused attention, watch your computer mindfully
* 15 minutes Bodyscan
* Observing pictures
* What deserves more attention in your life?
 |
| **Homework** | * Weekly 15 minutes Bodyscan
 |
| **2** | **Hear what people say, avoid the automatic pilot**  |
|  | * Adjust questioning and listening behavior
* Short film on living separated from your surroundings
* List daily activities performed on automatic pilot
 |
| **Homework** | * Execute 3 automatic activities with mindfulness
 |
| **3** | **Learn to meditate** |
|  | * Short film Edel Maex
* 15 min sitting meditation
* Planning sitting meditation
* Remember what deserves more attention?
 |
| **Homework** | * Daily 15 minutes sitting meditation
 |
| **4** | **Dealing with stress, today is an important day** |
|  | * Short film stress reaction
* 3-minute breathing space
* Description of current day
 |
| **5** | **Learn to stop aware, your own mindfulness-reminder** |
|  | * Inventory stopping with current activity
* Short film with quotes
* Short film about death
 |
| **Homework** | * 3x per day 20 minutes stopping current activity; with awareness
 |
| **6** | **You are not your thoughts**  |
|  | * Thoughts are not facts, you are not your thoughts
* Difficult memories
* Being compassionate
 |
| **7** | **The art of living consciously**  |
|  | * Intention to give more love to…
* Attention to seasons/ environment
 |
| **8** | **Mindfulness for the rest of your life** |
|  | * Likert-scale feeling of being really alive
* Evaluation of what you have learned
* Short film of laughing people
 |
| **9** | **Staying Mindful**  |
|  | * 6-minute meditation practice
* Planning mindfulness
 |
| **10** | **Rewrite your personal book of laws** |
|  | * What rules do you impose on yourself?
* Which rules do you really have to adhere to?
* What do you allow yourself to do?
 |
| **11** | **Mindful eating** |
|  | * Short film about eating in between daily chores
* Assignment eating breakfast, lunch and dinner mindfully
* Note your experiences
 |
| **12** | **Yoga for your heart** |
|  | * Yoga 30 minutes (instruction film)
* Likert-scale experiences
* Planning Yoga into your schedule
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