**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 |