**S2 Table. Description of restorative experiences.** Table with number of each typology of restorative experiences and percentage on the total amount of experiences analysed

|  |  |  |
| --- | --- | --- |
| Restorativeindicator | number | Percentage on total |
| being mindful  | 265 |  48.71% |
| feeling immersed  | 253 |  46.51% |
| escaping routine  | 149 |  27.39% |
| being oneself | 240 |  44.11% |
| feeling safe  | 288 |  52.94% |
| being fascinated | 208 |  38.24% |
| feeling relaxed | 341 |  62.68% |