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

|  |  |  |
| --- | --- | --- |
| Restorative indicator | 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% |