Supplementary Table S1. Overview SEFAC intervention

Session	**Content**
Session 1. Training mind and body for well-being	• Program overview • Group presentation • The automatic pilot of the mind • Primary and secondary suffering • Mindfulness: intention, attention and attitude • Recognizing the unsettled mind • Settling the mind • MINDFUL ATTITUDE: non judgment • Positive Health model
Session 2. Healthy habits	• Reviewing home assignments • Habit loop • Risk and protective factors • Three-minute breathing space • Habit change worksheet • Body scan • MINDFUL ATTITUDE: Beginner's mind • Breathing meditation • Home assignments • Gratitude practice • Pleasant and unpleasant experiences
Session 3. Healthy mindset	• Reviewing home assignments • Beliefs and mindset; fixed vs growth mindset • Stages of change • Readiness to change • Self-compassion break • Self-compassion test • Sound (meditation) • MINDFUL ATTITUDE: compassion and trust • Home assignments
Session 4. Healthy eating	• Reviewing home assignments • Mindful eating • Emotional eating awareness • Emotional and craving eating • Stress definition • Perceived stress scale • Self-efficacy awareness • MINDFUL ATTITUDE: patience • Home assignments
Session 5. Healthy physical activity	• Reviewing home assignments • Mindful movements • Why and how stay active • Physical activity awareness • Setting SMART goals • GROW Model • Mindful walking • MINDFUL ATTITUDE: non striving • Home assignments
Session 6. Healthy relationships	• Reviewing home assignments • Why relationships are important for well-being

	• Emotional intelligence • Emotions list • Mindful communication • STOP practice • Loving kindness practice • MINDFUL ATTITUDE: acceptance • Mindful based living
Session 7. Healthy life with chronic conditions	• Reviewing home assignments • What are chronic conditions • What is self-management • My self-management skills • Embracing vulnerability • My level of resilience • MINDFUL ATTITUDE: letting go and letting be • Mindfulness based living