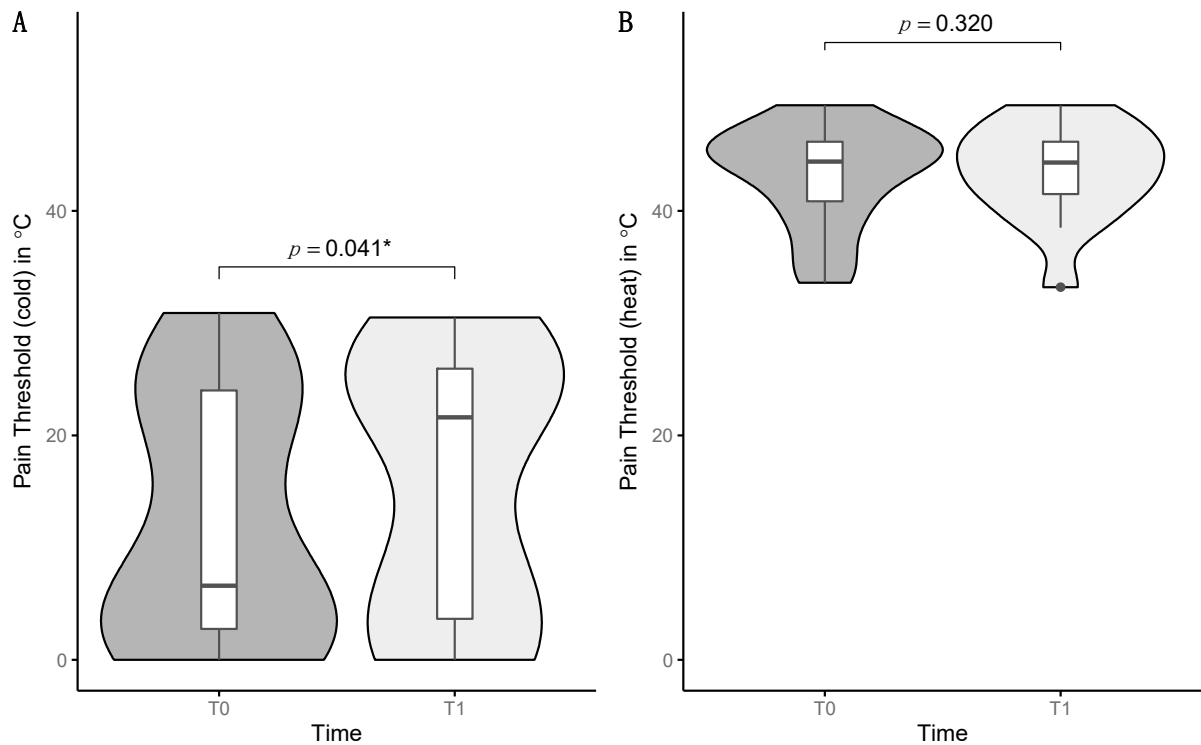


**Figure S1.** Violin plots of HRV with nested box plots at T0 (dark grey) and T1 (light grey). (A) HRV in the low-frequency band (absolute power) was significantly decreased; (B) HRV in the high-frequency band (absolute power) was not significantly altered.



**Figure S2.** Violin plots of pain thresholds with nested box plots at T0 (dark grey) and T1 (light grey). (A) Pain thresholds for cold stimuli were significantly decreased, i.e. subjects were more sensitive to cold stimuli; (B) Pain thresholds for heat stimuli did not show any significant changes.