

**Table S1.** The chronological summary of the MBPA intervention procedures.

| DATA COLLECTION |        |                                                                                     |                                                                                 |                                                                                 |                                                                                                                                                                                                                                                                                                                                                     |
|-----------------|--------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MODULE 1        | WEEK 1 | 1 <sup>st</sup><br>10-minute Ses-<br>sion:                                          | 2 <sup>nd</sup><br>10-minute Ses-<br>sion:                                      | 3 <sup>rd</sup><br>10-minute Ses-<br>sion:                                      | <p><b>Before starting week one</b> breathing activities, participants will complete the <b>Pre-Intervention Phase surveys at time-point 1, 2, and 3</b> (WHO-5, PSS-4, Interoception).</p> <p>The pre-intervention-phase lasts for approximately 3 weeks.</p> <p>Schedule to pick up your accelerometer and wear it for 7 days (baseline data).</p> |
|                 | WEEK 2 | 4 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Breathing Activi-<br>ty: Ocean Breath | 5 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Breathing Activi-<br>ty: 4-7-8    | 6 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Breathing Activi-<br>ty: 4-7-8    |                                                                                                                                                                                                                                                                                                                                                     |
|                 | WEEK 3 | 7 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Ancient Move-<br>ment Activities      | 8 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Ancient Move-<br>ment Activities  | 9 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Ancient Move-<br>ment Activities  | <p><b>TIME-POINT 4</b></p> <p>Complete the 1<sup>st</sup> Intervention Phase surveys (WHO-5, PSS-4, Interocep-<br/>tion).</p> <p>Schedule to drop off your accelerome-<br/>ter at your earliest convenience.</p> <p>Optional: 1-hour Zoom meeting</p>                                                                                               |
| MODULE 2        | WEEK 4 | 10 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Ancient Move-<br>ment Activities     | 11 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Ancient Move-<br>ment Activities | 12 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Ancient Move-<br>ment Activities |                                                                                                                                                                                                                                                                                                                                                     |
|                 | WEEK 5 | 13 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Walking Activities                   | 14 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Walking Activities               | 15 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Walking Activities               | <p><b>TIME-POINT 5</b></p> <p>Complete the 2<sup>nd</sup> Intervention Phase surveys (WHO-5, PSS-4, Interoception).</p> <p>Schedule to pick up your accelerometer and wear it for 7 days (midpoint data).</p> <p>Optional: 1-hour Zoom meeting</p>                                                                                                  |
|                 | WEEK 6 | 16 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Walking Activi-<br>ties              | 17 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Walking Activities               | 18 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Walking Activities               | <p>Schedule to drop off your accelerome-<br/>ter at your earliest convenience.</p>                                                                                                                                                                                                                                                                  |
| MODULE 3        | WEEK 7 | 19 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Loving-Kindness<br>Activities        | 20 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Loving-Kindness<br>Activities    | 21 <sup>st</sup><br>10-minute Ses-<br>sion:<br>Loving-Kindness<br>Activities    | <p><b>TIME-POINT 6</b></p> <p>Complete the 3<sup>rd</sup> Intervention Phase surveys (WHO-5, PSS-4, Interoception).</p> <p>Optional: 1-hour Zoom meeting</p>                                                                                                                                                                                        |
|                 | WEEK 8 | 22 <sup>nd</sup><br>10-minute Ses-<br>sion:<br>Loving-Kindness<br>Activities        | 23 <sup>rd</sup><br>10-minute Ses-<br>sion:<br>Loving-Kindness<br>Activities    | 24 <sup>th</sup><br>10-minute Ses-<br>sion:<br>Loving-Kindness<br>Activities    | <p>Schedule to pick up your <b>accelerome-<br/>ter and wear it for 7 days</b> (postinter-<br/>vention data).</p> <p>Schedule to drop off your accelerome-<br/>ter at your earliest convenience.</p>                                                                                                                                                 |
|                 |        |                                                                                     |                                                                                 |                                                                                 |                                                                                                                                                                                                                                                                                                                                                     |