

Supplementary Table 1. Qualitative analysis of changes in the soma and social connectedness following the online mindful somatic psychoeducation

Categories	Subcategories	Meaning unit
Soma and social connectedness	Physical soma	<p>At first, I couldn't bend my back because my leg muscles were tight when sitting, but now I can touch my toes. My flexibility has improved greatly. (L.J.H.)</p> <p>At first, I couldn't breathe well and felt like I didn't have enough space in my lungs, but as I continued, my lung capacity seemed to improve. (C.H.S.)</p> <p>I felt an asymmetry in my pelvis in the past, but participating in this program corrected my body posture. (L.S.J.)</p> <p>I used to have trouble digesting and would emit a lot, but I have much less trouble these days, and I felt my body and back straightened up. (K.D.E.)</p> <p>Before going to bed, I curl my back and make it into an arch shape, and when I wake up, my back doesn't hurt. I think this is the biggest benefit I got in life. (G.C.B.)</p> <p>In the past, when I laid my head to sleep, I had so many thoughts that I couldn't fall asleep, but after doing the online mindful somatic psychoeducation and laying my head down, I fell asleep right away. (C.J.Y.)</p>
	Psychological soma	<p>I could not decide between finding a job and preparing for graduate school. Participating in this program has made me better understand what I want, and obsessive thoughts no longer haunt me like before. (G.C.B.)</p> <p>After the outbreak of COVID-19, I felt stuffy and stiff while staying home. After this program, my body is much more relaxed and somewhat liberated from myself. (L.S.J.)</p> <p>I had no energy and felt very depressed periodically. Now, with the online mindful somatic psychoeducation, I am relieved, for the most part, from spells of depression or lethargy. (K.Y.E.)</p> <p>As I focused on my current state of mind and body while doing the online mindful somatic psychoeducation, I felt much less stress, and now my mind is stabilizing. (P.G.H.)</p> <p>I felt my mind calm down, and my disturbing thoughts faded. Doing the online mindful somatic psychoeducation in this state helped me concentrate better. (L.S.J.)</p> <p>While doing the online mindful somatic psychoeducation poses and caring for my body, I could avoid disturbing thoughts, unwholesome ideas, and bad moods and focus on myself. (K.D.E.)</p>
	Embodiment of social soma	<p>I get a lot of strength from seeing everyone seriously participating online, and I think I was able to participate in this program because I am a student at Sungshin Women's University. (L.S.J.)</p> <p>I have never been to school in 2020 nor met my college-age peers, but when I turn on the webcam and see them participating, I think, 'We are doing something together.' I feel encouraged and in a super good mood. (S.Y.J.)</p> <p>When I looked at the professor through the webcam, I thought to myself, 'Oh, I am connected to the school now.' (J.A.R.)</p> <p>It just felt more like, 'I'm just blended and assimilated with these people around me.' (S.H.J.)</p> <p>While doing online mindful somatic movement with people on screen, I felt a psychological affinity and connection between me and them, comfort, and was motivated to do something together. (G.H.N.)</p> <p>When other students told me about their sore muscles while bending over their bodies and emotions gushing out when doing certain poses, I thought we shared the same experience. (S.H.J.)</p> <p>Whenever I do the online mindful somatic psychoeducation, I feel good and in a good mood. I also become energetic and calmer. So, I voluntarily do something productive because I want to maintain that good feeling after doing online mindful somatic movement. (K.Y.E.)</p>