

Supplementary Table 2. Qualitative analysis of changes in subjectification of the soma following the online mindful somatic psychoeducation

Categories	Subcategories	Meaning unit
Subjectification of the soma	Mindfulness	<p>When I closed my eyes for meditation, I felt my mind calm, and my thoughts were sorted out. It was a good opportunity to reflect and organize myself. (C.J.Y.)</p> <p>When I was doing online mindful somatic movement, I was apprehensive about how I would appear on the web camera. However, I gradually realized, ‘They are useless worries.’ and ‘My pose is good as it is.’ (P.G.H.)</p> <p>I tend toward self-deprecation whenever something goes wrong, but as I meditated, I was more generous to myself owing to the mental distance from those things. (S.Y.J.)</p> <p>The thoughts of ‘Why am I living like this?’ have decreased, and instead of just envying others, I also think I should work harder on other activities. (G.C.B.)</p> <p>It was an opportunity for me to become aware of my feelings and physical reactions I experience in a stressful situation. (L.G.H.)</p> <p>During the body scan, I felt sensations when I paid attention to some parts. That gave me a nice feeling, as if I was inspecting every corner of my body, and made me think, ‘I have neglected my body. I need to take better care of myself; I will be better to myself.’ (K.D.E.)</p>
	Self-regulation	<p>I have become very sensitive while staying home with my family due to COVID-19. I got annoyed with what my mom did; however, since I began soma online mindful somatic movement, I can focus better on my emotions and suppress my anger. (S.Y.J.)</p> <p>It’s reassuring to think I can control or calm my mind. It is really comforting to be able to control my mind. (P.G.H.)</p> <p>I used to have a lot of negative thoughts about myself, like, ‘I can’t do anything well.’ However, as I focused on myself through meditation and certain poses, I began to have more positive thoughts like, ‘I may be able to do this.’ (J.A.R.)</p> <p>When I was nervous, I had difficulty speaking and even breathing. Now, I do the breathing exercise and apply it to daily living as a means to relax. (P.G.H.)</p> <p>I applied for the online mindful somatic psychoeducation to reverse my day-night rhythm back to normal, and I was successful. Now, I’m catching up on my neglected studies. (S.Y.J.)</p> <p>I was very depressed because I couldn’t attend school, and I often compared myself to others while watching social media. As I participated in this program, I realized that the flow of time is different and long. (K.S.H.)</p>