

**Supplementary Table 3.** Qualitative analysis of changes in the mind-body integration following the online mindful somatic psychoeducation

Categories	Subcategories	Meaning unit
Mind-body integration	Breath-mind connectedness	<p>As I focused on breathing, I felt inner relaxation and a connection between my breath and mind. (P.G.H.)</p> <p>When I first meditated, I had never closed my eyes for a long time, so I was busy thinking about other things instead of focusing on my breath. (G.H.N.)</p> <p>The most beneficial thing for me was learning to breathe to calm myself down when stressed. (L.G.H.)</p> <p>While inhaling and exhaling, I could calm my mind little by little, with a feeling that I was breathing my worries out. Through breathing, most disturbing thoughts have also disappeared, and my mind has become more comfortable. (K.T.Y.)</p>
	Intentional movement-mind connectedness	<p>I thought body and soul were separate things, but it was a refreshing experience to feel that they are one and the same. (K.S.H.)</p> <p>When I move, with my full attention given to my body, I feel like I am attending to myself with full concentration after having drifted away here and there. It was nice to focus on myself, which felt like meeting my inner self in its entirety. (K.D.E.)</p> <p>I was proud of just using my body while doing online mindful somatic movement, and I felt comforted thinking, 'It's okay because I did online mindful somatic movement today.' (J.S.J.)</p> <p>As I was doing the online mindful somatic psychoeducation, I felt every single part of my body and came to think, 'Oh, I need to pay more attention to myself.' (C.J.Y.)</p>