

Multimedia Appendix 1. Protocol of the stress reduction and resilience enhancement intervention

Session	Theme	Main contents
1	Understanding stress and relaxation response	<ul style="list-style-type: none"> <li>- Explanation of the goal of the intervention</li> <li>- Setting rules</li> <li>- Exploring the current stressful situation of the participant</li> <li>- Understanding the body's responses to stress</li> <li>- Understanding the concept of mindfulness and relaxation response</li> <li>- Mindfulness and relaxation exercises</li> </ul>
2	Creating adaptive perspectives through correction of cognitive distortions	<ul style="list-style-type: none"> <li>- Homework assignment</li> <li>- Review of homework</li> <li>- Understanding the concepts of cognitive-behavioral therapy (CBT)</li> <li>- Finding cognitive distortions regarding stress</li> <li>- Correction of cognitive distortions using CBT methods</li> </ul>
3	Promoting positivity through a healthy lifestyle	<ul style="list-style-type: none"> <li>- Mindfulness and relaxation exercises</li> <li>- Review of homework</li> <li>- Healthy eating</li> <li>- Recuperative Sleep</li> <li>- Promoting physical activity</li> <li>- Positive thinking (from pessimism to optimism)</li> </ul>
4	Humor, empathy and staying resilient	<ul style="list-style-type: none"> <li>- Mindfulness and relaxation exercises</li> <li>- Review of homework</li> <li>- Learning about humor as a coping mechanism</li> <li>- Humor Strategies</li> <li>- Tips for staying resilient</li> <li>- Mindfulness and relaxation exercises</li> <li>-Ending comments</li> </ul>