**Intervention scheme**

MBCT+LKM teaches three fundamental skills. First, the MBCT cognitive exercise helps students to notice their own negative automatic thinking and habituation reactions in the face of difficulties and realize that this is an important cause of depression. This section includes two exercises from the MBCT course called "Walking Down the Street" and "Flower of Malignancy". Second, awareness involves: (1) finding stable body anchors, such as steady breathing or other stable body parts. This helps bring you back to the present moment in a state of emotional dissonance and (2) be aware of the sensations of different parts of the body and make clear distinctions between the experiences of awareness, such as the perception of temperature, humidity, softness, and hardness of body parts, or the perception of blood and air mobility. Third, acceptance and goodwill have three meanings. (1) Take a non-critical attitude towards the thoughts, emotions, and physical sensations you experience. For example, the guidance notes that "unpleasant experiences are also part of the present moment. We treat them as equivalence and only need pure awareness. (2) Be kind and welcoming to both pleasant and unpleasant experiences. (3) We do not expect to get any special feelings and experiences, nor do we expect to harvest good emotional regulation effects, but an attitude of letting go and going with the flow.

Relaxation exercises also focus on three skills. First, to regulate the sympathetic nerve, one must learn to take even and deep breaths. The second is to relax each part of the body in order. The third is to relax by listening to natural white noises, such as running water.

Before the formal intervention, both groups had their own introductory sessions, which introduced the science of the course and emphasized the importance of consistent practice. The teacher trains the students every other day. The rest time, the students practice by themselves what the teacher taught the day before. Student attendance and practice time are recorded.

MBCT+LKM

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|  | Theme | Related exercise | Purpose |
| First class | Seek awareness and anchor points | 1. Use your breath as an anchor point | Understanding concentration, awareness, and openness |
| 2. Use stable body parts as anchor points | How can you adjust your concentration and expand your stable awareness |
| 3. Concentration is with awareness | Be open and acceptance with a welcoming heart |
| Second class | Exclude autopilot | 1. Raisin-eating exercise | Recognize the automated thoughts |
| 2. Cognitive exercises named “walking down the street” | Increase your awareness and discover things you didn't notice before |
| 3. Body Scan with loving-kindness | Embrace your body's present experience |
| Third class | Recognize habituation reactions | 1. Malignant Flower Cognitive exercise | Recognize your own automated behavioral responses |
| 1. Body Scan with loving-kindness | Understand that thoughts are not facts |
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| Fourth class | Live with difficulties | 1. A body scan that recognizes uncomfortable feelings | Improve tolerance of difficulties and stress |
| 1. Three steps breathing space with kindness and compassion | During times of stress, breathe your way back into the moment, not into habitual patterns |
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| Fifth class | Let it be and leave it unchanged. | 1. See the negative automatic thoughts but not expel it | Not to be fixed by ideas, to have options |
| 1. Body Scan with loving-kindness | Increase awareness and acceptance |
| 1. Awareness the sound |  |
| Sixth class | Choose the positive | 1. Body Scan with loving-kindness | Let's focus on the positive side of life |
| 1. Record pleasure experiences | Understand that the brain interprets things negatively |
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| Seventh class | Treat yourself with kindness and compassion | 1. Mindful walking | Reduce self-criticism and learn to take care of yourself with compassion；It also raises awareness by walking. |
| 1. Record self-compassion thing | Increase awareness and acceptance |
| 1. Be aware of your body, thoughts, and emotions with kindness |  |

**Relaxation intervention**

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|  | Theme | Related exercise | Purpose |
| First class | Breathe evenly | 1. Breathe evenly | Reduces sympathetic nerve excitation |
| 1. Listen to the white noise of sea |  |
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| Second class | Natural body posture and breathing | 1. Adjust body gesture | Reduce the pressure caused by poor posture |
| 1. Breathe evenly | Reduces sympathetic nerve excitation |
| 1. Listen to the white noise of forest |  |
| Third class | Link your body to relax | 1. Relax by alternating left and right | Reduces sympathetic nerve excitation |
| 1. Relax body in order |  |
| 1. Listen to white noise of fire |  |
| Fourth class | Take a deep breath | 1. Activate abdominal breath | Reduces sympathetic nerve excitation |
| 1. Take a deep breath |  |
| 1. Listen to the white noise of bird |  |
| Fifth class | Relax your body and breathe | 1. Connect deep breath with even breath | Reduces sympathetic nerve excitation |
| 1. Relax body in order |  |
| 1. Listen to the white noise of running water |  |
| Sixth class | Exclude negative emotions | 1. Learn to relax your breathing during times of stress | Realize that you can regulate stress by breathing |
| 1. Relax body in order | Reduces sympathetic nerve excitation |
| 1. Listen to the white noise of wind |  |
| Seventh class | Breathe and rest | 1. Deep breath and even breath | Reduces sympathetic nerve excitation |
| 1. Relax body in order |  |
| 1. Listen to the white noise of spring in nature |  |