|  |  |
| --- | --- |
| **Table 1** | |
| *Summary of challenges for teachers and principals* | |
|  | **Major challenges** |
| **Teachers** | Work-related stress (Maclntyre et al., 2020; Rabaglietti et al., 2021)  Burnout (Candeias et al., 2021; Pressley, 2021; Sokal et al., 2020)  Job dissatisfaction (Chan et al., 2021; Hong et al., 2021; Parveen & Bano, 2019)  Job-related tension (Helms-Lorenz & Maulana, 2016)  Classroom management (Lukas & Yunus, 2021)  Lack of guidelines (Azhari & Fajri, 2021; Santamaria et al., 2021; Smith, 2020)  Remote, online learning (Diliberti et al., 2021; Lederman, 2020; Serhan, 2020; Weis et al., 2020) |
| **Principals** | Stress and burnout (DeMatthews et al., 2021; Karakose et al., 2022; Kim, 2022b; Mahfouz, 2020)  Job dissatisfaction (Kim & Pendola, 2022; Mandel & Pendola, 2021; Yan, 2020)  Job performance (Mahfouz, 2020; Wells & Klocko, 2018)  School management from COVID-19 (Grooms & Childs, 2021; Mutongoza et al., 2021) |

|  |  |
| --- | --- |
| **Table 02** | |
| *MBSR program schedule and syllabus* | |
| Week | Program details |
| 1 & 2 | Introduction to mindfulness  Orientation  Body scan meditation  Mindful movement  Mindful eating  Awareness of breathing |
| 3 & 4 | Walking meditation  Mindful yoga  Sitting meditation  The stress response  Unpleasant events calendar |
| 5 & 6 | Sitting and standing meditation  Mindful communication discussion, full day  Working with difficulties |
| All Day Intensive | Review and mountain meditation, loving-kindness meditation, etc. |
| 7 & 8 | Silent meditation  Body scan review  Find mindfulness practices to suit you  Loving kindness meditation  Course end |

|  |  |  |
| --- | --- | --- |
| **Table 3** | | |
| *Summary of mindfulness practices* | | |
|  | | **Mindfulness practices** |
| Formal practices | * Breathing (Stahl & Goldstein, 2010) * Yoga (Carmody & Baer, 2008; Saeed et al., 2019; Schuver & Lewis, 2016; Stahl & Goldstein, 2010; White, 2012) * Body scan (Birtwell et al., 2019; Stahl & Goldstein, 2010; Thich, 1975) * Meditation (Carmody & Baer, 2008; Kabat-Zinn, 1994; Rosenzweig et al., 2010; Seung Sahn, 1982; Stahl & Goldstein, 2010) | |
| Informal practices | * Mindful eating (Birtwell et al., 2019; Boyce, 2011; Carmody & Baer, 2008; Thich & Cheung, 2010) * Walking (Abujaradeh et al., 2021; Carmody & Baer, 2008; Thich, 1975) * Washing the dishes (Carmody & Baer, 2008; Hanley et al., 2015; Thich, 1975) * Having a conversation (Kersemaekers et al., 2018; Struckmeyer, 2020; Thich, 1975) * Drinking tea (Thich, 1975) * Daily journaling and emailing (Kersemaekers et al., 2018) * Mindful showering (Abujaradeh et al., 2021) | |