

(Appendix 1)

Five-minute mindfulness breathing

Sit in a comfortable position.

Keep your palms in a comfortable position, with eyes slightly closed or staring at a single point.

First, be aware of the sensation of breathing.

The sensation of the breath coming into the body.

The sensation of the breath going out of the body.

Focus your attention on the “now,” on the “moment, moment by moment,” when you are breathing.

Stop trying to manipulate the breath, to concentrate, and to force yourself to relax.

Be aware of the sensation of the breath in the present moment, in each moment.

If you notice that your attention is wandering, slowly return your attention to the breath.

The important thing is to be aware of and pay attention to the “now,” the “moment.”

There is no need to force yourself to turn off the thoughts, sounds, and bodily sensations that come to you spontaneously.

There is no need to force yourself to turn them off.

They are pleasant or unpleasant. No evaluation or judgment, good or bad.

When you notice a sensation that arises and disappears moment by moment, slowly return your attention to your breathing.

Take a few deep breaths, eyes still closed.

Let's get back to our daily life, cherishing the “now,” the “moment by moment,” and the “here and now.”

(Appendix 2)

The Rumination Scale for Unpleasant Mood

	Not applicable at all.	Not very applicable	Can't say either way	Somewhat applicable	Very much applies	
1	When I start thinking about unpleasant moods (anxiety, depression, anger), I can't help thinking about them, even if I don't really want to.	1	2	3	4	5
2	Unpleasant moods (anxiety, depression, anger) often pop into my head unintentionally.	1	2	3	4	5
3	Unpleasant moods (anxiety, depression, anger) rob the mind and make it difficult to think about other things.	1	2	3	4	5
4	I cannot ignore thoughts of unpleasant moods (anxiety, depression, anger).	1	2	3	4	5