

Topic	Description
<b>1. Dealing with pain</b>	The tendency to avoid difficult internal experiences, including pain, as well as the consequences of this strategy were discussed. The acceptance alternative was introduced as a healthier way to cope with pain.
<b>2. Present moment awareness</b>	This part was more practical, involving the use of a brief body scan mindfulness exercise. This practice focused on breathing and the acknowledgement of physical sensations. Also, the “expansion” technique was implemented, encouraging participants to create space for the pain, by delimitating it from other bodily parts and focusing their attention to various characteristics of this sensation.
<b>3. Practising cognitive defusion</b>	The idea that people could get entangled in their thoughts, especially when confronted with difficult experiences was outlined. The concept of cognitive defusion was then explained to participants by practical examples. Specifically, the “Leaves on a stream” technique was applied to promote an observer stance and facilitate a functional attitude towards pain-related thoughts.
<b>4. Towards a values-based life</b>	A discussion related to the role of personal values for developing a sense of meaning was initiated. For this purpose, a metaphor based on the “Batteries exercise” was presented, pointing to potential discrepancies between deeply held values and the behaviours in which participants may involve. Relying on this framework, a brief action plan based on the identified personal values focusing on the upcoming two weeks was developed for each participant.