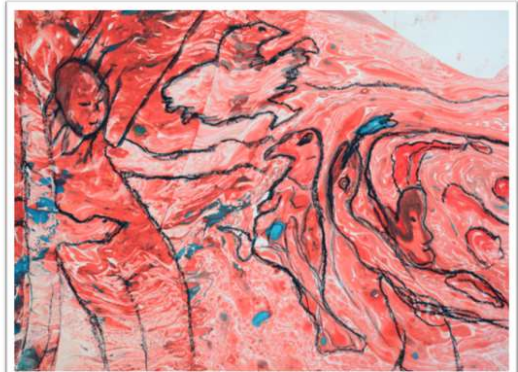


Supplementary Material

Table 1 Examples of art works created during MBAT exercises

The title	
"Many impressions, many possibilities"	
	
"Mindfulness of breathing"	"Body scan"
	
„Mindful observation“	
	

"Mindfulness of taste and smell"	"Mindful listening"
	
"Mindfulness of thoughts"	
	
"Painting with a stick on water" - mindfulness of thoughts	
	

"Palette of gestures and feelings"



„The Empathic Portrait"



"My relations"



Table 2. Examples of artworks from the „Mindful Diary” of one participant

