Table 1. *Group A*

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| **Sessions** | **Activity** |
| Session 1: Personal Strengths | Each participant did the VIA IS test and the results showed their strengths. The purpose of the program was to identify and reinforce the top three strengths of each participant. Participants had to propose a number of strategies for working on these strengths. Afterwards, each participant had to apply the strategies on a daily basis until the next session. |
| Session 2: Gratitude | It was conducted a group activity in which each participant made a list of 10 things they would like to thank for; then they shared the list with the rest of the team and the importance of being grateful was explained. As a homework, each participant had to make a daily thanking-list about those situations, things and/or people they were thankful for. |
| Session 3: Positive mind | At the beginning of the session, the group discussed the benefits of having conscious positive thoughts. After that, participants made a list of three positive things that happened to them in order to share it with the group. Homework consisted in making a list like in the exercise each day of the week. |
| Session 4: Full attention at present moment | It was explained what is meant by keeping full attention at the present moment and why is this relevant. The group shared personal experiences in which they feel mindful, and how they experienced it. The positive aspects were reunited, and then the homework was explained. For this week, they had as a daily homework to mindfully pay attention, to at least three actions, and write about those moments every day. |
| Session 5: Optimism | Optimism concept and its benefits were explained to the participants. In addition, some examples were mentioned of how even bad experiences can have good consequences. Participants interacted in pairs to explain their own examples, and then they commented those experiences to the group. The weekly task was to continue the exercise of introspection in order to have consciousness about the positive situations across the bad experiences. |
| Session 6: Assertive communication | In this session, concepts of social skills and assertive communication were reviewed. Making emphasis on the expression of positive thoughts. After that, participants mentioned why it is important to express feelings with respect and honesty. That week, participants wrote a letter every day for a person that they consider important in their lives. The instruction was that they could send the letter or not, but at the time of writing, they had to be completely honest with themselves. |
| Session 7: Positive view | At the beginning of the session, participants wrote a list of 10 positive things that they perceived in that moment, and then all the participants shared the list aloud. Moreover, it was explained why it is important to express and enhance a positive view. The exercise at home was directly linked to the expression of positive ideas verbally or in writing to the closest people, especially emphasizing the things that have not been said before. |
| Session 8: Self-compassion | The importance of the vision that people have about themselves and positive self-concept is explained at the beginning of the session. Besides, participants shared what they thought about the ability to have more insight and the benefits that this can produce. For this, the weekly task was to write a letter to themselves, with the instruction that they must write with total honesty. |