

**Table 3. Illustrative quotations reflecting themes and sub-themes**

	Participant Quotations	Contributing References
<p><b>Coping Strategies developed through mindfulness course</b></p> <p><i>Acceptance</i></p>	<p>“When you go through a change like this there’s a message in your mind that your body has failed you. And you don’t know if that is going to happen again. But one bit of learning out of all this is, ‘ok, my body has changed, but its not dead. Life is not over’ “.</p> <p>“The program has helped me stabilize myself and ..enjoy time that I had for myself and not feel guilty”.</p> <p>“What it has really given me is an understanding what it means to live in the present....It’s helping me be more aware of the way things are ..not as you wish things to be or how they were in the past.”</p> <p>“less judgemental and awareness of how judgemental I used to be.....more accepting of my body with all its faults”</p> <p>“The way I look at cancer is that once you get through the awfulness it’s a very powerful motivator to live your life. I’m grateful I can come up here and be reminded of that”.</p>	<p>Brotto and Heinman 2007; Dobkin 2008; Hoffman et al 2012; MacKenzie et al 2007.</p>

	<p>“I can’t do much physically anymore. At the time, that was quite comforting, but that’s more than half a year ago. There comes a time when you just have to accept it when it happens.”</p>	
<p><i>Adapting to life with cancer</i></p>	<p>“It allowed me to have a better perspective on the job and I think the question of living in the present and being able to step back to look at things and really figure out what are the priorities...it helps to switch off from autopilot”</p> <p>“I was trying to change the things that were stressing me, but it was like a losing battle so I had to change me”</p> <p>”I now feel that I have a way of understanding and dealing with stress which is available to me very moment of my life”.</p> <p>“When I see some, feel some signs, I just stop and say ‘well do something about it’ and ‘I always felt like I had ants in my body..do, do, do, and go, go, go you know’ and I don’t do this anymore”.</p> <p>“I am much more confident and self-assured than I was in the beginning. With this confidence I have the courage of my convictions to change certain aspects of my life which I wouldn’t have done before – in my job, I’m very much aware of what is good for me (mentally and physically) and will actively change”</p>	<p>MacKenzie et al 2007; Dobkin 2008; Hoffman et al 2012; Van den Hurk 2015.</p>

	<p>“There came a time when it helped me to talk with my wife about it. It also got easier to talk with my children about it. That is a real joy. I can expose my feelings to my wife and vise [sic] versa</p>	
<p><i>Engaging in mindful control</i></p>	<p>“When I deal with everyday normal life with its up’s and downs, many times I catch myself doing a mini meditation or breathing, so I cool it...the situation does not change, but I handle it better”.</p> <p>“When I do yoga and meditation I’m in better control of myself, physically and mentally. Not that it works all the time...Doing meditation on a regular basis takes self-discipline. Now it’s to the point that if I don’t do it, I really notice it. Things go haywire.”</p>	<p>Dobkin 2008; MacKenzie et al 2007; Hoffman et al 2012</p>
<p><b>Positive Outcomes of mindful practice</b></p>		
<p><i>Reduced Stress and Anxiety</i></p>	<p>“I hated the first two to three sessions and felt very anti, but did appreciate it from then and I feel like it has made me a calmer person”.</p> <p>“Using breath to regain calm at difficult moments”</p>	<p>Hoffman et al 2012.</p>
<p><i>Learn to live in the moment</i></p>	<p>“I just try to pay more attention you know whether I’m in the bath or the shower or whatever, I try to pay attention, you know the water and the soap, so that it does get easier. Just, just taking a couple of minutes in the shower and you know the water is warm, and you know, just, just that, that part of it, instead ‘I gotta get out of the shower and get to work’</p>	<p>Brotto and Heinman 2007; Dobkin 2008</p>

	<p>I know everybody is busy, but I mean when you're busy, even like driving or whatever, you can do mindfulness. I can do the mindfulness thing, and, and actually make it work for me, you know. So mindfulness is probably, was the biggest – pay attention to what you're doing".</p> <p>"It's changed my mind-set completely. I'm much more conscious all the time of what I'm doing and why I'm doing it and even if its not right, at least I'm conscious".</p>	
<i>Making time and creating space</i>	<p>"Meditation means taking time out of all the chaos. Meditating, in my own limited experience, gave me the chance to give the chaos some kind of meaning. I was clearing my mind and doing whatever it is that had to be done. No big deal".</p> <p>"It re-established the proper balance of – of, you know, myself in my own life. I think it developed an additional band of inner strength to say, yes, this time is me, this is mine; what I'm doing now – is for my own benefit and I will feel benefit, you know every time I use it"</p>	<p>Brotto and Heinman 2007; MacKenzie et al 2007; Hoffman et al 2012; Eyles et al 2015</p>
<i>Resources assist mindful practice</i>	<p>"The resources that we can keep will make it easier to at least try and keep up with the practice at home and in our daily lives".</p> <p>"In reading Kabat-Zinn's book Full Catastrophe Living, there were ideas he was putting forth that certainly echoed with my own experience of cancer diagnosis. The whole concept of the mind and body and trying to get a</p>	<p>MacKenzie et al 2007; Hoffman et al 2012</p>

	handle on what causes stress and how you can deal with it made a lot of sense”	
<i>Increased Spirituality</i>	<p>“Whenever I find that I’m really bogged down I go and I meditate. I’ve become a lot more spiritual. Its quite funny”.</p> <p>“I know there is the power of prayer and its evidence. If I can take that word prayer and say meditation is a form of self prayer. It’s spending time with myself, not looking outside but looking within”.</p>	Mackenzie et al 2007
<p><b>Challenges with engaging in mindful practice</b></p> <p><i>Difficult finding time for mindfulness</i></p>	<p>“I mean someone joked one week that it was like having a fulltime job and we kind of – you know- we all kind of nodded. I really struggled with that, it was really hard, for me, with work and three children. You know – you must lie down for an hour.”</p> <p>“And the length, as well...the time commitments - 8 weeks and a whole Saturday- that was another big concern, that’s a big commitment to make.”</p> <p>“I thought the day was a bit too much. I didn’t feel – from my point of view – that the day really added anything that the other sessions hadn’t and didn’t give me. I just thought it was a bit too long. I really wanted to go home.”</p>	Eyles et al 2015

<p><i>Barriers to engagement</i></p>	<p>“I don’t want to be dwelling on it and I found when I was doing the exercises and all- you know – concentration and that – although it was to help me....it kept reminding me that I wasn’t very well and I didn’t like that”.</p> <p>“I don’t want to be continually reminded of it. A couple of weeks ago I thought ‘I do have this disease, but I don’t feel anything’. I especially think that on good days. But then people say, ‘Yes you are sick’. That is very difficult.”</p> <p>“I found it very difficult to do the practical. Sometimes this was just about making time in my head”.</p> <p>“The older ladies that we deal with were a bit – a bit more resistant to feeling that they had any stresses or strains in their life and – whether they did or not they wouldn’t admit it to us. And a couple of ladies just sort of laughed- oh I’m not that type of person”</p>	<p>Hoffman et al 2012; Eyles et al 2015.</p>
<p><i>Difficult to keep focussed</i></p>	<p>“In practicing the mindful body scan which was usually done lying down, staying awake was the biggest challenge”.</p> <p>“Sitting meditation is something that I really struggled with – and sometimes still do – a combination of ‘monkey mind’ and physical discomfort“.</p>	<p>Hoffman et al 2012</p>
<p><b>Group identification and shared experiences</b></p>		

<i>Draw strength from others</i>	<p>“It always gave you encouragement to see the other guys that were sort of just getting on with life and even though they were in a lot more serious situation than myself, they were just getting on with things and moving on.”</p> <p>“I also felt the group experience was very helpful for me...this is powerful in a group...and I don’t think it would have been the same thing if I had done it with just one person.”</p> <p>“That’s what is really special about the group, hearing about what people are coping with. You can listen to someone talk about their suffering and you can accommodate that. You don’t have to walk away from it.”</p>	<p>MacKenzie et al 2007; Dobkin 2008; Chambers et al 2012</p>
<i>Shared understanding</i>	<p>“We were a mixed bunch but we all pulled together you know, we all sort of appreciated each other and what we were going through”</p> <p>“We are all sisters, I consider us all sisters”</p> <p>“It’s a very powerful experience sitting in a circle of people who have been affected by cancer.... I find in it a very profound understanding because we all share a similar experience”</p>	<p>MacKenzie et al 2007; Dobkin 2008; Chambers et al 2012</p>