

Figure S1

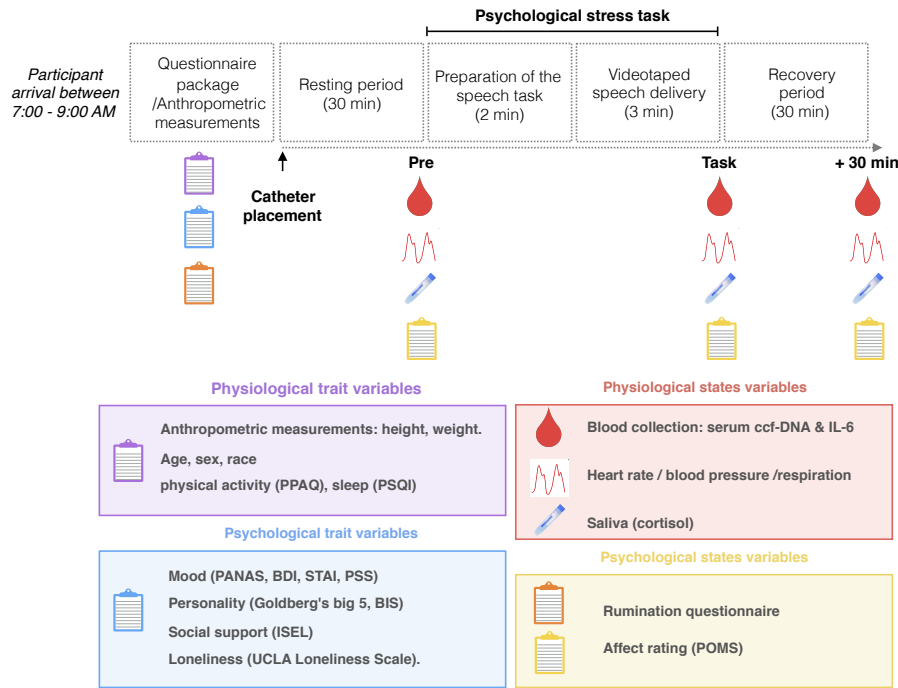


Figure S1. Detailed study timeline. Abbreviations: BDI, Beck depression inventory; BIS, Behavioral Inhibition Scale; HRV, Heart Rate Variability; ISEL, Interpersonal Support Evaluation List; PANAS, Positive and Negative Affect Schedule; POMS, Profile of Mood States; PPAQ, Paffenbarger Physical Activity Questionnaire; PSQI, Pittsburgh Sleep Quality Index ; STAI, State-Trait Anxiety Index. State/trait and physiological/psychological variable categories are color-coded with those in Figure 2 in the main text.

Figure S2

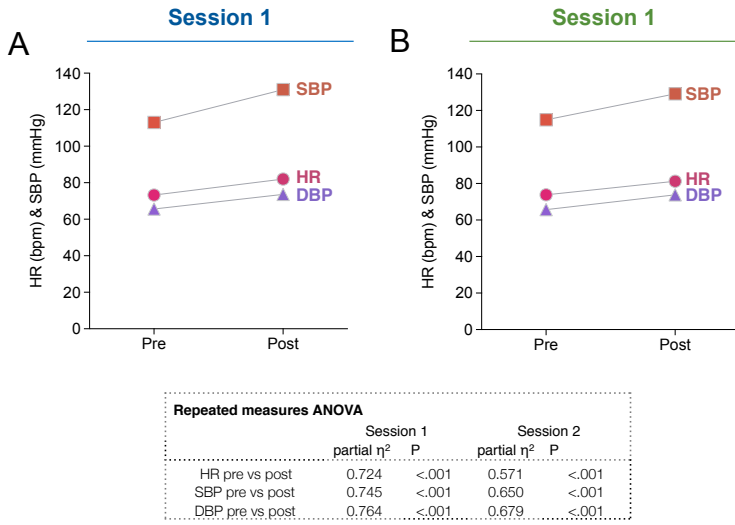


Figure S2. Physiological responses to induced psychological stress (A) Stress-induced elevation of SBP, DBP and HR at session 1 and **(B)** at session 2, confirming the successful experimental manipulation of physiological stress response. Repeated measures ANOVA, $n = 49$ per session. *Abbreviations:* DBP: diastolic blood pressure, SBP: systolic blood pressure, HR: Heart rate.