

Collated comments from a range of sites

- Great to slow down, clear the chatter out of the head
- Fun – thanks for the chance to share stories and laugh at ourselves
- Some great ideas about looking after me!! I need to do it more!
- Simple ideas that I need to action and not just talk about doing!
- Thanks I really needed to slow down and look at me!
- Why do we leave ourselves to last on the list – I'm putting myself in my diary.
- Good to realise good and bad happen to everyone, it's how we react that counts.
- Little things can make a difference
- Sometimes we forget we make the choices for us – thanks
- Reaffirms how important it is to keep myself in balance
- I am going to make time for me each day – I will start with just 5min. Thanks.
- Why are we so good at fixing others, I need to model this myself!!
- I found it hard to slow down my breathing I realize my mind is racing – I will use some of these ideas to change a few habits, I know it will take a bit of effort!
- Loved the Bull story – we all need to stop and check we're okay sometimes.
- Found the handouts/articles useful as I will go back and re-read to remind me it's okay.
Many practical ideas. I intend to keep them handy.
The handouts had some very inspirational comments and sayings.

- New positive patterns I plan to create:
Just letting myself stop, breathe and say it's okay to take '5' if needed.
My new motto is 'just do it' – procrastination is a habit I'm aiming to change.
I have chosen to 'do my own thing' for ½ hr each evening.
This is the difficult bit – maybe set aside a regular weekly time for 'looking after me' strategies.
Try to remember to do the little things -1%ers count a lot!
- How important it is to look after yourself and to make time to relax.
- The sessions gave me an opportunity to focus on myself after a long busy day.
- It's also good to know that others feel the same way as you do about our hectic lives and for well-being we are the only ones that can change our habits etc.
- Excellent information, positive vibes, a feeling of enjoyment having spent some quality time with my colleagues.