

## My Feedback on the 'Focusing on Breathing' Seminar

For the Diabetes Support Group at Albany Memorial Hospital on 6/5/13

- This seminar is  Very useful    Useful    Somewhat useful    Not useful
- I will use this technique for my (concern) *stress management and arguing less - stop and Think -*
- Comments about the seminar *you were very well understood demonstrations were useful - should be given to high school students especially scholar athletes who need rest*

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- I will use this technique for my (concern) *high blood pressure, anxiety and frustration of dealing with my diabetes +*
- Comments about the seminar *interesting relaxation technique(s)*

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- I will use this technique for my (concern) *to help me fall asleep faster*
- Comments about the seminar *rather repetative techniques are common / knowledge but presenter is very enthusiastic*

### Optional

I would like to receive ANNUAL UPDATES on this technique

e-mail ID (PRINT): ..... Name (PRINT): .....

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- I will use this technique for my (concern) *help with sleep + relaxation (control less worries)*
- Comments about the seminar.....

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- This seminar is  Very useful    Useful    Somewhat useful    Not useful
- I will use this technique for my (concern) *TRY TO GET UP AT A REASONABLE HOUR IN THE MORNING.*
- Comments about the seminar..... *VERY WELL PRESENTED.*

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- I will use this technique for my (concern) *insomnia, relieving stressful situations, helping with stress @ work*
- Comments about the seminar..... *very helpful*

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- I will use this technique for my (concern) ..... sleeplessness, sporadic or interrupted sleep .....

- Comments about the seminar..... very friendly & welcoming -

*me hardly thinks of managing such a basic process - but I will try it diligently.*

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- I will use this technique for my (concern) ..... relieve chronic pain -

*for my hands... punched ulnar nerve 3-2010 - hands have not been normal since*

- Comments about the seminar..... very relaxing .....

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- This seminar is                      Very useful      Useful      Somewhat useful      Not useful

- I will use this technique for my (concern) ..... WORK - RELAX WHEN FACING .....
- A NEW OR DIFFICULT TASK AT WORK.

- Comments about the seminar.....

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- This seminar is                      Very useful   Useful   Somewhat useful   Not useful
- I will use this technique for my (concern) .....
- Comments about the seminar... INTERESTING  
NO MICROPHONE

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- This seminar is                      Very useful   Useful   Somewhat useful   Not useful
- I will use this technique for my (concern) ... agitated moments, sleeping
- Comments about the seminar... I am looking forward to the results

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- This seminar is                      Very useful   Useful   Somewhat useful   Not useful
- I will use this technique for my (concern) ... the breathing to cool off after getting fired up
- Comments about the seminar... Speak lower because I was getting too relaxed

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Name (PRINT)

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) STRESS AND LOSING CONTROL
- Comments about the seminar VERY ENLIGHTENING - IT SHALL WORK

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) relaxation
- Comments about the seminar

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