

My Feedback on the 'Focusing on Breathing' Seminar

My Title: Student

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) ... Stress everyday
- This technique can be taught to patients to help with their
... everyday stress, pain, sleep problems
- Comments about the seminar... Thank you for your teaching!

My Feedback on the 'Focusing on Breathing' Seminar

My Title: Student

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) ... Sleep
- This technique can be taught to patients to help with their
... Smoking, Sleep
- Comments about the seminar.....

My Feedback on the 'Focusing on Breathing' Seminar

My Title: Student

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) ... to ↓ stress / help me sleep anxiety
- This technique can be taught to patients to help with their
... comorbidities, stress, nicotine cravings
- Comments about the seminar.....

Optional:

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My Feedback on the 'Focusing on Breathing' Seminar

My Title:

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) ... SLEEPING; RELAXING; RELIEVE ANXIETY
- This technique can be taught to patients to help with their
.....
- Comments about the seminar... HELP RELAX BRAIN
.....

My Feedback on the 'Focusing on Breathing' Seminar

My Title: .. student

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) ... kids
- This technique can be taught to patients to help with their
everything! sleep, anxiety
- Comments about the seminar

My Feedback on the 'Focusing on Breathing' Seminar

My Title: .. RN

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) ... personal use - severe insomnia
- This technique can be taught to patients to help with their
anxiety + pain in ICU
- Comments about the seminar... interesting + informative -
.....

Optional:

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My Feedback on the 'Focusing on Breathing' Seminar

My Title:

• This seminar is Very useful Useful Somewhat useful Not useful

• I will use this technique for my (concern) +

• This technique can be taught to patients to help with their

Stress, LED.

• Comments about the seminar..... wonderful should

be taught in nursing school 1st semester

My Feedback on the 'Focusing on Breathing' Seminar

My Title: LPN

• This seminar is Very useful Useful Somewhat useful Not useful

• I will use this technique for my (concern) Sleep disturbances.

• This technique can be taught to patients to help with their

anxiety of death -> I am a nurse on a hospice floor.

• Comments about the seminar.....

very relaxing

My Feedback on the 'Focusing on Breathing' Seminar

My Title: Student

• This seminar is Very useful Useful Somewhat useful Not useful

• I will use this technique for my (concern) stress, insomnia, anxiety

• This technique can be taught to patients to help with their

anxiety, insomnia, stress

• Comments about the seminar..... as we were focusing on

breathing, instant calm

Optional:

My Feedback on the 'Focusing on Breathing' Seminar

My Title: Housekeeper

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) Sleep
- This technique can be taught to patients to help with their
.....
- Comments about the seminar.....
.....

My Feedback on the 'Focusing on Breathing' Seminar

My Title:

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) insomnia ~~It's in pain or with anxiety~~
long waits in MD office, airports
- This technique can be taught to patients to help with their
pain, anxiety
- Comments about the seminar I like that there is nothing to buy
can be used anywhere

My Feedback on the 'Focusing on Breathing' Seminar

My Title: Student

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) anxiety
- This technique can be taught to patients to help with their
anxiety
- Comments about the seminar Very useful

Optional:

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My Feedback on the 'Focusing on Breathing' Seminar

My Title: Director

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) insomnia, stress
- This technique can be taught to patients to help with their breathing, anxiety, not use drugs
- Comments about the seminar excellent, simple

My Feedback on the 'Focusing on Breathing' Seminar

My Title: Assistant Director/Manager

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) anxiety/stress
- This technique can be taught to patients to help with their anxiety on why they are in the hospital
- Comments about the seminar Very well presented

My Feedback on the 'Focusing on Breathing' Seminar

My Title:

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) students, pt's, self
- This technique can be taught to patients to help with their anxiety/insomnia
- Comments about the seminar well done

Optional:

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My Feedback on the 'Focusing on Breathing' Seminar

My Title: LPN

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) patients quit smoking
- This technique can be taught to patients to help with their
Anxiety stress
- Comments about the seminar.....
cl. i will try my own personal use
sleeping

Optional:

My Feedback on the 'Focusing on Breathing' Seminar

My Title: recruiter

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) sleeping / relaxation
technique
- This technique can be taught to patients to help with their
i don't have direct patient care
- Comments about the seminar.....
thought it was great
he seems like such a nice man!

Optional:

My Feedback on the 'Focusing on Breathing' Seminar

My Title: - student

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) stress, sleep, relaxation
- This technique can be taught to patients to help with their
anxiety, pain control, insomnia
- Comments about the seminar.....
very helpful Thank you!

My Feedback on the 'Focusing on Breathing' Seminar

My Title: Mech. ENG.

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) Destressing before & after my 12 hour midnight shift,
- This technique can be taught to patients to help with their recovery
- Comments about the seminar Thank you for the new lease on stress ~~relief~~ relief.

Optional:
