

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful
2. I will use this technique for my (concern) *Sleep better (more soundly, wake up refreshed)*
3. This technique can help improve sleep and reduce stress for
In patients Out patients Others (specify) *Everybody*
4. Comments/ Suggestions about the seminar *The information + techniques shared were really helpful and I greatly enjoyed being able to hear where the techniques are applicable.*

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful
2. I will use this technique for my (concern) *anxiety, insomnia*
3. This technique can help improve sleep and reduce stress for
 In patients Out patients Others (specify) *everyone*
4. Comments/ Suggestions about the seminar *Great job, very useful information and interactive.*

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful
2. I will use this technique for my (concern) *Stress and to help me sleep*
3. This technique can help improve sleep and reduce stress for
In patients Out patients Others (specify) *Everyone*
4. Comments/ Suggestions about the seminar

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful

2. I will use this technique for my (concern) anxiety, insomnia

3. This technique can help improve sleep and reduce stress for

In patients Out patients Others (specify)..... Everyone

4. Comments/ Suggestions about the seminar

..... Include demonstration of deep breathing with stretching the body

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful

2. I will use this technique for my (concern) insomnia, anxiety

3. This technique can help improve sleep and reduce stress for

In patients Out patients Others (specify)..... anyone

4. Comments/ Suggestions about the seminar Thank you. It was very helpful, and I will try to use the techniques

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful

2. I will use this technique for my (concern) Sleep, stress, anxiety

3. This technique can help improve sleep and reduce stress for

In patients Out patients Others (specify)..... Anyone

4. Comments/ Suggestions about the seminar Great! relaxing, informational

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful
2. I will use this technique for my (concern) *to relax before sleep and while studying*
3. This technique can help improve sleep and reduce stress for
In patients Out patients Others (specify) *Students*
4. Comments/ Suggestions about the seminar *I enjoyed listening to you. It was the most relaxed I have been during a seminar*

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful
2. I will use this technique for my (concern) *Panic Attacks*
3. This technique can help improve sleep and reduce stress for
In patients Out patients Others (specify).....
4. Comments/ Suggestions about the seminar *I love the fact that it is such a simple technique*

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful
2. I will use this technique for my (concern) *Sleeping and stress*
3. This technique can help improve sleep and reduce stress for
 In patients Out patients Others (specify).....
4. Comments/ Suggestions about the seminar

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is

Very useful

Useful

Somewhat useful

Not useful

2. I will use this technique for my (concern)

sleeping, waking up, when stressed about an exam

3. This technique can help improve sleep and reduce stress for

In patients

Out patients

Others (specify).....

4. Comments/ Suggestions about the seminar

This was very simple + straight forward. I wouldn't change anything.

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is

Very useful

Useful

Somewhat useful

Not useful

2. I will use this technique for my (concern)

helping to calm my mind before sleep + also when i'm feeling overwhelmed about school

3. This technique can help improve sleep and reduce stress for

In patients

Out patients

Others (specify).....

4. Comments/ Suggestions about the seminar

friends / family / significant other
I liked practicing the technique in class. would be better if it was quieter.

My Feedback on the 'Focusing on Breathing' Seminar

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1. This seminar is

Very useful

Useful

Somewhat useful

Not useful

2. I will use this technique for my (concern)

sleep + stress

3. This technique can help improve sleep and reduce stress for

In patients

Out patients

Others (specify).....

4. Comments/ Suggestions about the seminar

my work with kids
wonderful.

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful

2. I will use this technique for my (concern) insomnia - especially trouble falling asleep

3. This technique can help improve sleep and reduce stress for

In patients ~~Out patients~~ Others (specify).....

4. Comments/ Suggestions about the seminar
.....

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful

2. I will use this technique for my (concern) .. ✓

3. This technique can help improve sleep and reduce stress for

In patients Out patients Others (specify).....

4. Comments/ Suggestions about the seminar
.....

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful

2. I will use this technique for my (concern) ... stress reduction and sleep aid and to recommend to others when I am a dietitian

3. This technique can help improve sleep and reduce stress for

In patients Out patients Others (specify).... everyone? people w/ anxiety might really benefit.

4. Comments/ Suggestions about the seminar ... very helpful and practical
.....

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful
2. I will use this technique for my (concern) panic attacks
3. This technique can help improve sleep and reduce stress for
In patients Out patients Others (specify) everybody
4. Comments/ Suggestions about the seminar Very interesting. Eager to try this out!

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful
2. I will use this technique for my (concern) to help me sleep and relax
3. This technique can help improve sleep and reduce stress for
In patients Out patients Others (specify) all
4. Comments/ Suggestions about the seminar interesting

My Feedback on the 'Focusing on Breathing' Seminar

Sage College Troy on 9/26/12

1. This seminar is Very useful Useful Somewhat useful Not useful
2. I will use this technique for my (concern) anxiety, stress, + related issues
3. This technique can help improve sleep and reduce stress for
In patients Out patients Others (specify) everyone