

## 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.