

MEANING UNIT	CODE	SOURCE	SUB - THEME	THEME	ROUND
give yourself time, even if just 10 minutes, and I am doing that, and I have been able to do that since your sessions	practice a new habit	interviews	attention		1
That really helped me a lot with discipline in my day	focus	interviews			1
I felt it changed something in me, and recently my decision was to live with less, to live more simply, and I realized I want to have some fun and live with less	practice a new habit	interviews			1
And with your lessons I started giving more attention to the things that I knew were more important to me, and now I do that.	practice a new habit	interviews		1	1
It brings me back to my childhood, to things I have forgotten.	memories	interviews		2	1
Inevitably it was relaxing and soothing, even if I didn't follow all the way through	relaxed	interviews			1
At this moment I am able to be much more present and enjoy this moment. the fact that I am able to be more present despite all of that is great.	being present	interviews			1
caught up in past memories/future planning	rest	interviews			1
...and I realized that and it was good to have awareness around that now and of what I can do to get myself out of that	awareness	interviews		1	1
It feels like gates or rites of passage – physical awareness one, thought process (watcher seat) two, and now after one month (June email about plateau), I was analyzing my thought process while watching it, kind of split awareness (consciousness and awareness).	awareness	interviews		1	1
During the first breathwork period, I was diagnosed with burnout from my therapist and beginning depression (significant period of sadness, stress and anxiety). One day before that breathwork session with a lot of release I did hear back about the outcome but emotionally it was not resolved, and that's where the breathing was an unleashing of all that and a big release.	awareness	interviews		1	1
after the 3rd session I noticed the alliance between my self-aware and my conscious presences	awareness	interviews		1	1
I can now guide my level two (awareness and consciousness).	awareness	interviews		1	1
When I say analyze I just look and explore, not rationalizing or causation, just hoping to record and notice. After the meditation then I can look back and think about causation.	reflection	interviews			1
It feels more like guiding my consciousness than making rational analysis. It is analysis but not logical, because as soon as I try logic, I'm out of the state and it is detrimental to the process	awareness	interviews		1	1
Indirectly, the emotional impact is that I am much more calm in a better mood, and more at peace	better mood	interviews		2	1
Bad feelings like sadness and regret are there way less, with awareness that I am feeling them. I am also much kinder to myself, and I say it's ok they are there and they are not controlling me anymore	awareness	interviews		2	1
Now I feel that awareness doesn't entail controlling so now I am more relaxed.	awareness	interviews		2	1
Since September it has been a constant lack of energy (DIFF. BREATHING TECHNIQUE?), and the breathing sessions have been restorative,	better mood	interviews		2	1
I feel more comfortable staying outside of my comfort zone – in the stretch zone, which is what triggers the flow state. So in terms of mindfulness I have been pushed more towards the stretch zone, thanks to the breathing	mindfulness	interviews	mindfulness	1	1
I am only doing the two breathing sessions per week, but just these two hours per week are SO VALUABLE to me.	using tecnics	interviews		4	1
Overall impression great in session, but for me it's tricky to keep the discipline and implement your suggestions after the end of the study – that's more personal behavior than a cause of the sessions.	practice a new habit	interviews			1
when I feel overwhelmed the technique that helps most is journaling. I realize the thoughts, dissect them a bit and see how to make better choices	using tecnics	interviews			1

If I analyze my behaviour before the breathing sessions and now I think that I am more in control of my emotions	awareness	interviews		1	1
the negative feelings and thoughts used to stay with me a longer time before the breathing sessions. As I learned to let the thoughts go, I learned to control the negative thoughts in a way	better mood	interviews		2	1
Before I had the impression that you need to be a certain type of person to experience meditation and breathing techniques, and I thought I am not that kind of person, but now I think everyone can benefit from them, so my opinion changed after that experience.	reflection	interviews		1	1
For me it was better when we only had the breathing session but I changed my mind – the talks before the breathing session allow me to reflect on things I haven't thought about before and when I enter the breathing session I was able to calm down a bit before	reflection	interviews		1	1
give yourself time, even if just 10 minutes, and I am doing that, and I have been able to do that since your sessions	gratitude	interviews			1
Tried meditation and never quite worked for me.	using tecnics	interviews			1
I have a short attention span, so I was just wondering on what else I could be doing	not being focus	interviews			1
You felt a lot better going into the weekend, especially that night and the next day it felt really nice. Mainly because it took time for reflection. You had that scheduled time to take care of yourself. When you actually took the time to do it, it felt good	self-care	interviews		2	1
Not doing a 20min breathing session anymore but I use some of the tools, to schedule breaks etc.,	using tecnics	interviews			1
And then I use the breathing before I go to sleep. It feels like I get relaxed by it	relaxed	interviews			1
The breathing practice you have to be really invested and I felt quite tired after, and the breaks after each round made the other part really worthwhile	using tecnics	interviews			1
I have OCD and anxiety and your practices and suggestions have really helped with that.	using tecnics	interviews		2	1
Trying to remind myself that when I get an unwanted thought or anxious moment to just let it pass	to let go	interviews			1
I could tell that my breathing was changing	awareness	interviews			1
Now when I wake up and feel dread, I remind myself that I want to be happy and grateful.	gratitude	interviews		2	1
It was a commitment to myself to do it no matter what because I needed it	commitment	interviews	In overall performance	3	1
I think I became much more aware of feelings, of sensations, and more able to put things aside and seeing the feelings and emotions not being me.	awareness	interviews	results	1	1
There are still ups and downs but I wouldn't know where I am today if it wasn't for the practices	awareness	interviews		2	1
Another thing I realized was that there is no single path to wellbeing. For the last 20 years there was only one path, e.g. meditation or yoga – I didn't even think about dancing, and I was really struggling because I was consistently 'failing' on the things that were supposed to work	awareness	interviews		2	1
Another one, the present moment...but it is not about the physical feeling, it is about whatever you are doing, sometimes a feeling, sometimes something else, but you can enjoy whatever you are doing, and just recognize that I am present.	being present	interviews		4	1
There are lots of wonderful present moments that I am aware of these days	awareness	interviews		1	1
In general it was pretty good, but I am not following it right now, because there is a lot going on	not following	interviews			1
The breathing practice is good to do, and be present, take a break, but I also have the problem that all of that requires a lot of effort to be healthy.	conclusion	interviews			1

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Of course the overall effect of the modules should be measurable through the surveys. But then, at least in my case I noticed that during the 12 weeks my well-being was heavily influenced by outside factors, which did not remain the same during the 12 weeks	wellbeing	interviews	at work	2	1	participant 25
this helps focus and keep my attention on bigger things, like my paper submissions but also that life is more than work	reflection	interviews		1	1	
every day after the night we did practice, I'd wake up fully energized at 6am and that was a very noticeable difference.	energy up	interviews			1	
Into the study I had way more stress and when I was having trouble sleep I played one of your videos – I put the website in my personal notes and would play a video to help go to sleep	using tecnics	interviews			1	
I had very good benefits and it helped me focus and function	focus	interviews		3	1	
I became more aware of things, and sometimes during practice I'd remember something I had forgotten, and during the meditation I would sometimes become aware that my body and mind became more perceptive...and becoming more aware of pain, but also of my thoughts.	awareness	interviews		1	1	
I also took down one practice I liked a lot, pick three things that are important to you – and I realized I take care of my dog (walk, feed well, water, clean, socialize), but I don't do that for myself, so I started with that	awareness	interviews		2	1	
I think I got kinder with people because I listened better and was more present with them.	being present	interviews		2	1	
I have stopped beating myself up, I am kinder to myself, more allowing, telling myself I deserve some things, like a massage etc.	wellbeing	interviews		2	1	
The breathing is very relaxing and I like how we have our session first and do that, because it changes my mindset into "not work" and then it is easy to get relaxed and I feel very refreshed afterwards	relaxed	interviews	results	4	1	
Self awareness helped me a lot, but I'm still very ...	awareness	interviews			1	
The main benefit is self-awareness, but not yet a catalog of measures that I use on a daily basis.	awareness	interviews			1	
Life motto, for example, was new to me, and especially as a computer scientist who occasionally has such social training, something happens about communication, for example	communication	interviews	results		1	
At least sometimes I'm on the verge of changing things or doing something positive with other things, so that my overall mood improves. I notice why something is going stupid, and then you can try to resolve it, but whether something has actually changed ...	awareness	interviews		4	1	
					1	
It was a bit difficult to get in at first, and then I liked it.	using tecnics	interviews	actions		1	
Breathing was initially difficult, with increasing practice it became easier to relax, once fell asleep, in general (even when falling asleep) I always itchy, and then of course the scratching brings me out.	physical reactions	interviews			1	
I just went along with it. At first a little more information about what to expect over the next 12 weeks.	expectations	interviews			1	
I really had problems with the breathing practice, either falling asleep after some time (which helped to relax though;), or finding it difficult breathing all the time through my mouth	difficulties	interviews		4	1	
I haven't had any extraordinary body experiences, but I really needed to focus on what I was doing, and that may have had an impact.	focus	interviews			1	
Did a lot of NLP, also in coaching, and you are more passive there, and it really helped me to pay attention to it.	attention	interviews	In overall performance	3	1	
What got stuck the most was the listening session, but drifted off and then came back and was much more concentrated, including unloved corona discussions	concentration	interviews		2	1	
On the other hand, since I usually don't write a diary, I asked myself why	diary	interviews			1	

For me, the course was closely linked to high corona numbers and was a good instrument to let go and concentrate on myself - and what the constant checking of numbers does to me, to my attention.	focus	interviews	attention	1	1
And then the course was my only fixed point of the week outside of work	wellbeing	interviews		2	1
The breathing exercise is a good sensor of how I feel	awareness	interviews	results		1
Breathing exercises lead to intense images for me, Images are associated with levels of emotionality	emotions	interviews		4	1
I learned to be aware of my feelings again and to think about them.	awareness	interviews		1	1
So you could calmly consider how to deal with the emotion or idea, especially with listening	emotions	interviews		2	1
What became more positive, slept better, often felt fresh in the morning and less emotionally burdened overall	wellbeing	interviews	In overall performance	2	1
In everyday life overall more attentive - at first I try to do less on the side in TelKos, and then also to have fewer TelKos and have more freedom. Also to structure my day better again, at about half past seven it is over	structure	interviews		3	1
More attentive to others too	attention	interviews		2	1
I perceive the difference much more clearly, whether I am present in the TelKo and listen, or in the home office listening to my parents or not	attention	interviews		2, 3	1
I also noticed how low the average level of attention is. Then I turned things off like doing something else during important phone calls.	attention	interviews		3	1
I also notice more how the people on the other end of the line are	awareness	interviews			1
It was a very pleasant experience, very touching, always friendly, always nice, always well prepared.	nice	interviews			1
Two employees and I are fighting against procrastination, but now I have someone with a good structure again.	structure	interviews			1
actually I'm very unfortunate so that I couldn't join so much because of time zone and My other priorities?	other priorities	interviews			
So previously, I tried meditation. I'm continuing with that And this increased productivity.	productive				
when you can control your mind, you can focus on what you're doing.	focus				
So breathing session is helping to control by helping to understand yourself better, and control your mind	self knowledge				
I can't say this, specifically this Breathing session. But it's helped me in simultaneously with meditation. It helps me to become and be focused in what I'm doing ,what I want to do.	focus				
I was more calm where I was able to observe that I was getting a little bit more anxious or maybe like swift or Yeah, impatient	calm				
I'm able to observe myself better at a specific point in time	self knowledge				
It was like the breathing with the tips with the observing with writing. all these kind of tricks help me in my daily work					
I can also like, arrange my thoughts easier and then make a decision.	decision making				
The breathing sessions helps me to have less things in my head, and then only struck the relevant information.					
Yeah, so I think all the breeding helped me to, to just stayed more objective.	onjective				
But it's definitely more effective. So the quality of my work has increased. In less time I achieved same impacts that I will do in when I was doing the same thing but for a longer time	quality of work				
I achieved really good outcome. But I'm don't feel physically as tired as before for the same amount of Yeah	efficient				

tanvir (32)

I mean, apart from finding alternatives and being more creative and thinking out of the box, very common thing I think I'm able to do more clearly communicate the problem, and then find a solution.	problem solution				
But I think I have been exploring more topics that I was always interested in and I didn't dedicate enough time before because I was too busy. And now I just prioritise that as well in my life					
I think that has helped me or given me more tools to remember, remind myself to stay just present.	present				
I've never actually encountered anything that cause any particular breathing practice that calmed me down as much as this one. Other breathing practices help do help calm me down. But sometimes they don't, particularly when I'm in a very worked up state of mind when I'm feeling really worked up. This one allows me to calm down even in that state.	calm	breathing			
I think the biggest impact that I noticed was that it helped me calm down and ground myself quite a lot. A lot more clear in my mind	calm	breathing			
I think overall, I feel a little more better equipped to handle my problems now. And I feel better equipped in the sense that now I know that Oh, if I am feeling ever feeling worked up, I have something that I can rely on	problem solution				
I at least trust myself in the sense that if I'm ever feeling pressurised into making a decision previously, I would get lost in that pressure. Now at least I feel that, okay, I can't make this decision now. So I will sleep on it. And I at least have that trust in myself that I can come to a better decision tomorrow	decision making				
I feel a little more focused when I at least do this session. So I plan to incorporate it much more rigorously into my life so that I can feel a little more focused in my work.	focus				
being able to calm down and get a more clearer picture and solve problems in such a way that it is helpful for all everybody involved.	problem solution				
I used to get a lot of ideas during the breeding sessions, particularly in the second half of the session, when you actually when you when you are meditating, when you are done with the seven minute the 21 minutes sessions in that second half when you're quiet.	creativity				
the main impact of the breathing exercise was more of the emotional impact of what I felt in the body like a I would always it will always come down and it will always refresh and in invigorated me afterwards.	calm				
I usually tend to use it when I'm feeling extremely overwhelmed with things because this tends to calm me down.	using technics				
I think it's really it refreshes your mind you get very awake		breathing			
I think it's a very effective technique to relieve physical pain or also when you sometimes in your mind that you'll get a bit of exhaustion or emotions, it really get rid of negative emotions, in my opinion.	relief				
Before I start the work, I have referred to meditate for 5 to10 minutes, and really just to focus my mind and also to be Yes, just to improve my concentration. So I'm, I use this very specific tools just also to improve my productivity and my results as well.	productive				
So with the breath exercise, I was aware, oh, maybe I'm holding my breath. I'm not really doing it softly or I'm too anxious or nervous before things and this doesn't matter.	awareness				

writing the journal everyday was also very good because I never write my own feelings. it was a good opportunity also to put my emotions into words, for writing down.	feelings				
The study also made me think, what are my real values, what are the important things in my life and also to prioritise these, and to be honest	reflection			1	
So now, I'm prioritising terms of decision making no finishing work at 5pm and then go for a walk with my dogs in nature, because I live in the countryside in nature	changes thanks to breathing				
So I decided really to speak out, had the courage to say no, or to tell my point.	changes thanks to breathing				
And also, yes, just trying to work less and not feeling guilty for that					
So with the study, I was also more aware of the important things in my career, I already knew, but was just a confirmation to just to follow really, what my own beliefs, let's say.	awareness				
the exercise, and also I think the journal were very good to balance and also to prioritise the important tasks and everything.	priorities				
I think it really improves the quality of the creativity of work, and also the productivity	creativity				
I think when your mind is relaxed, I think you, your mind is more clear, let's say your logical mind.	relaxed				
if you your emotions are on control your anxiety or whatever your fears, I think you just, yeah, you solve problems better? Definitely	problem solution	control emotions			
I really believe that it increases your memory level, your intellectuality your ability to think logically and to solve problems. Definitely. So it's, it's very, very good to be more connected and more present.					
So I think you get very creative because you access different parts of your brain as well that you oxygenate and create new connections. So I, I really believe that the exercise really it's good to, to allow you to think in a different perspective,	creativity				
So for me, the breathing exercise was really something that after I was really happy, and refresh, so was very good for the physical body. And also the mind was really a good relief of tension of anxieties as well	relief				
So it was very good to have self knowledge	self knowledge				
I think it's very good for relieving stress and anxiety.	relief				
that helped me over the course of the weekend was being more focused, and less stressed.	focus				
I had a very stressful time. Because while I was just writing my dissertation, and had a lot of other projects on the side, so I had a lot of stress. And I found it very helpful to really spend these opposite two hours or so per week to be more relaxed over the course of the week.	relaxed				
The most significant change. I am more tentative observant. So I'm much more often in the moment and it happens from time to time that I suddenly am there.	mindfulness				
✓ I'm much more focused on my surroundings and less within just my own head	focus				
Well, the increase in attentiveness.					
I felt like I understood that maybe more about this concept (zen). Not by sinking about it, but feeling that so getting rid of your thoughts was very helpful for me and my ongoing pursuit to understand and live a bit more present.					
I think the most important impact to us, or the impact I felt more was giving me awareness of my body.	awareness				
So it's yeah in this being aware of the intention	awareness				

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Lots of the things that Birgit told, show that we have to understand, I have to understand more better how my body works	awareness				
So I we are, we have so be much more aware of our me at that moment on my body is if I'm resting, if I'm taking break and this things.	awareness				
So if you get more aware of your body, then maybe you don't try to solve difficult problems when you are not so capable.	problem solution				
When you take more care with you, with yourself, then you are empowered, you feel more empowered.	self care	empowerment			
I think Yeah, I feel that what I do, I do better, I'm feeling better	improvement				
Deliverability yeah, I think it's improved Yes, that's true.	deliverability				
we did understanding that deep this kind of breathing technique would help me relax and fall asleep	relaxed	using technics			
I can say that I feel more creative to solve the problems	creativity				
I think the fact that I'm more aware makes me off my body and I find relaxed and that often needs makes, if I take care of my body, then I would I'm more capable of creativity and innovation.	awareness	creativity	innovation		
I think but also, also specifically because it was COVID time everyone was in their in their spaces. But at least at that moment, we could be together with people from all over the world that were also willing to share these important aspects of human of the human being with human work					
I think these course open the door of meditation, for me, at least in a more formal way					
I think also, the entire course opened like a new possibilities for me to look for more information.					
I think in general, the course made me contact more with myself and my spirit of trying to do better some things					
changes in decision making, I could say probably the distribution of my time along the day, I'm trying to be more organised.	decision making	organised			
And also to respect times for myself, because I think these sessions, the breathing sessions are, were part of that. Of giving like myself time	self care				
I think the change probably the willingness that I have now for making changes, probably know that changing the changes itself.	changes thanks to breathing				
I think I'm more consciousness about I have more conscious about what I'm not doing really well. What I don't want to change and what I want to change	changes thanks to breathing				
I would say that probably prioritise. And see or being able to see in front of me, what really is a problem or what is not?	changes thanks to breathing	problem solving			
there are some days that I still probably didn't, I didn't do that much, or I didn't perform that well as I would like it to do it. But that horrible feeling of doing nothing. I stopped filling it now.	changes thanks to breathing				
I'm more productive and more organised. And you're more satisfied with my work and traying also not to measure the everyday work, because sometimes he's not the same as the previous day.	changes thanks to breathing	productive			
I think the productivity that I'm having right now is how productive I am for organising my day	productive				
I feel more productive in terms of organise that time before to deliver something	productive				
I learned this one the how to relax myself and how to motivate myself in one thing from like, I feel bored. So how can I overcome from the from my boringness?	learnings				
from the breathing session, I learned how to relax myself. I feel relaxed and I can concentrate in that new things and my brain will work fine than before.	learnings	relaxed			

yeah, this session helps help me a lot to make a decision quickly	decision making				
Definitely it help me increase my creativity, because it makes my mind relax. In my relax mind, I can think new thing about some new topics	creativity				
So overall absolutely, I'm feeling definitely more happy since this 8 week study.					
So I think it's more balanced since the beginning of the of the study than it is before	changes thanks to breathing				
I often choose to between two different things too quickly, based on emotions and I think the Breathing techniques helps to have more control, first emotional feelings on a decision and to come to a more rational decision	decision making				
I can during this eight weeks really help to be more aware or to be more pleasant	being present				
I think that the most important changes that were focused in the video meeting. So before the breathing techniques, often switched off the camera, and played computer games during meetings or played with a smartphone. Now do that less than before, and really try to focus	focus				
I think I'm less stressed concerning problems. I think, take the future or the other past less important than before. So I think I live more in the present. So when I'm confronted with a problem, it's more like, Yeah, okay. We will handle it. And don't get stressed by it. Okay, I think that's the consequence of the whole breathing, meditation techniques	problem solution				
I was a bit more relaxed, I was more focused at work.	relaxed	focus			
But I felt like I had really good tips to work with during day	learnings				
I've started to like stand up shake and then when I go to the meeting, I feel more like, Okay, I'm comfortable with what I'm doing. I'm not that shake anymore and nervous	decision making	using technics			
I also felt I've been better at also saying no to stuff. Like if I know that I have back to back meetings, I have started to like, okay, no, I need actually to have this break and this pauses.	decision making				
I feel like it's this course has really given me like I felt a bit empowered afterwards	empowerment				
I think I was a bit more effective while I was doing this course. I think I was able to prioritise better and do stuff.	efficient				
I feel like it's the productivity is that the thing that has changed. I think it's better, dividing the work up so, I think that's really good. So that I can see the big change actually.	productive				
being able to handle the meetings when I'm really nervous, I feel like it has given a lot of effect. Because I was like the super nervous shaking, like feeling like my heart was like pounding 190 but it's been a lot better since I learned a lot about this	organising				
I actually when I do like meditation, and when I do these walks to like, be able to relax. I feel like a much more creative afterwards.	improvement				
I was really impressed that you were able to create that kind of like connection and safe space	creativity				
I learn more about time management techniques from this breathing session. And it helps me on decision making and set the priorities which will be either more priority in my daily life or which can be the list and I knew about physical energy which really gave a positive impact in my daily life	connected				
	decision making	using technics			
So in conclusion, I must say, it does enhance creativity and innovation.	creativity				