



Ask the Expert – Stay Safe, Stay Well

Comments and Feedback

” EMEA regional call

“Kindness is so important!”

“I think it's very important to also be kind to ourselves!”

“Love that - ripple effect of kindness and positivity”

“I like that analogy, I'm going to use that with my son”

“Same here with the kids Jennifer”

“Love the monkey mind metaphor”

“GREAT graphic”

“Nap Strategy!”

“I am a BIG fan of gratitude”

“I've built thinking about '3 things I am grateful for' every morning when i walk the dogs - it's become a habit now and sets me up really well for a great day :-)”

“I love the silent hours features”

“Bullet journals!”

“Thank you! This has been great!”

“Thank you for a wonderful session.”

“Thanks Stacey and thanks for setting this up. Great session”

” ASIA regional call

“I've found journaling is a great way to also clear my head and take a weight of my shoulders for a bit also”

“It works very well for me too.”

“I have started a meditation program and my task for today is drawing pictures.”

“True Andy - sometimes easier to make sense of things when you 'see' them instead of just thinking them”

“Sharing is caring!”

“Managing information is a great topic”

“Loving the ripple effect”

“Personally had to actively try to stop getting information on the virus because it was just so much content”

“Never thought of that - just turning off notifications for specific things!”

” ASIA regional call (continued)

“New great Teams mobile app feature to set notification times”

“Such an easy way to flip our conversations - just add a positive element”

“I stopped my notifications on my phone for email and Teams and I just check them when I feel the need to. It really helps me to separate work and personal life and focus on each of them accordingly.”

“Gratitude really helps!”

“I love the cognitive behavior therapy cycle. :)”

“Going to share the gratitude habit with the family today.”

“And they have wonderful ideas. I am constantly talking to my 4, 5 and 11 years old cousins and I learn a lot from them.”

“Love that stress ball activity!”

“I was doing the gratitude exercise during the morning by myself, but doing this at the dinner with the family sounds much better”

“Thank you, Stacey! This was a great and very useful session”

” Americas regional call

“Journals really work well!”

“Mind over body!”

“Being a recovering perfectionist, I have to remind myself that not being perfect in all my parental duties (plus work) in these unique times won't really matter in 5 years...”

“Love that way of thinking”

“Acceptance is key to happiness! But its the hardest thing to accomplish.”

“The normal alarm clock makes a big difference to keep the phone away!”

“Such an amazing tip for helping others and also helping to catch triggers across our families.”

“Thank you very much Stacey for taking this time out with us 😊 wonderful session!”

“Great session, great support for all of us, thank you!!!!”

“Mindfulness seems to be the core of CBT management - good reads”

“Love that term “mood hoover””

” Feedback

- **“I wish I had better constructive feedback but it was a great way to start my morning. Her voice is really calming and I needed to hear those things - good timing and good delivery”**
- **“She is very open and approachable and I like that she shared her personal experience too. Great tips which can easily be implemented as well”**
- “Good choice of presenter for this audience and she mentioned some really useful resources too! Perhaps a great follow up would be a list of those resources, so that the attendees for this session and the upcoming ones have a useful checklist of options they can explore”
- “Nothing I didn't like ... but I have some great content on handling stress and building resilience which I think would also future-proof the team from mental health challenges (smile)”