Health Care Support Workers Virtual Learning Week

Presenter: Susan Mair

Session title - You and Your Wellbeing

Date : Tue 1st March 2022 : 09:15-10.00

Delegate numbers 203 invited

# You and Your Wellbeing poll summary results:

MS Forms polls use in meeting (some delegates chose to use chat function to respond and these replies are not captured below).

Poll 1 word cloud

### Describe with a word or two - how you feel?



79 responses

#### Poll 2 word cloud

How would you rate your wellbeing - on a scale of 1-10, where 10 is the best you can be and 1 is not good? enter your number below

8 <sub>5</sub> 6 <sup>4</sup> 7 <sup>3</sup>

#### 93 responses

#### Poll 3 – MCQ

# Where are your thoughts right now – honestly?

Past	12%
Present Your response	45%
Future	44%

#### 94 responses

#### Poll 4 - MCQ

## Which area of wellbeing are you going to work on?

Eat	10%
Sleep	14%
Relax Your response	39%
Move	25%
Connect	10%
Other	1%

#### 69 responses

#### Poll 5 word cloud

What one word would you use to sum-up what you are taking from todays session?

# thought provoking fabby Notice my breath breathe Helpful self thoughtful relaxing self love inspiring positivity self care self-reflection mindfulness Energised Self refectionencouraged

59 responses