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The Benefits of Breathing Practices For Computer Science Workers

.

Master's thesis in Computer science and engineering

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CHALMERS UNIVERSITY OF TECHNOLOGY
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Abstract

Breathing is a powerful internal resource that is within conscious control and that often goes unnoticed in one's daily life. In this study, the benefits of breathing practice for software developers who are under a high amount of stress due to continuous deadlines and over commitments are investigated. The study was performed on data collected from 14 participants. The data collected from the survey and interview participants were analyzed both qualitative and quantitative to answer the four research questions. The study shows that breathing lead to be more presence in the body and less distraction, which leads to a higher capacity for focus and more attention on tasks to handle and eventually gives more productive at work. The qualitative data shows a positive change in participants' daily perceptions. The study encourages companies to invest in such practices for their employees, to see their impact on work productivity.

Keywords: Breathing practice, Well-being, Resilience, software developers, computer workers

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1

Introduction

The breath is a powerful internal resource that is within conscious control and often goes unnoticed in one's daily life. Breathing sustains life. Humans can go for weeks without food and days without water but only a few minutes without oxygen. The average person takes approximately 20,000 breaths a day and more than 100 million breaths in a lifetime. The way one breathes is affected by the way one feels. Breathing patterns change when emotions change: short sobs of sadness, rapid pants of excitement, and deep grunts of frustration are all examples of emotions that can affect our breathing. If the emotional state can change the breath, then it is possible that, by changing the breath, one can control one's emotional state [1].

The field of software engineering is known to face various kinds of pressures including global burdens with regard to market and competition, technology pressures with respect to updating and developing skills and local pressures in terms of working hours, changing work culture, changing teams, and changing peer group [2]. These pressures can eventually result in software engineers' occupational stress. Occupational stress can harm software workers and have a lasting impact on their mental well-being. The stress does not only affect the software workers but also the overall software quality [3].

Computer workers (defined as those who spend over 70% of their working time on a computer) are the second highest at-risk group for depression and anxiety disorders which can lead to burnout. The World Health Organization (WHO) has classified burnout as an occupational hazard. Consequently, there is a need to investigate efficient and effective mechanisms for maintaining physical, mental, and emotional well-being, specifically with the current changes in working conditions due to the recent pandemic. This study focuses mainly on software engineers as a population group.

The main purpose of this master's thesis is to describe the effects and benefits of breathing practice on improving the well-being of computer science workers. The outcome will benefit computer science worker by informing them the breathing exercises for managing stress and anxiety.

This study will be helpful to show the benefits of breathwork specifically for software engineers. Providing evidence of such benefits may lead to companies being willing to invest in programs to improve the mental health of their employees.

1.1 Problem Statement

Stress is a challenge or problem that a person faces: it might be through internal or external factors. Stress has a negative impact on our brain and our body. If we fail in handling our stress, this can cause different health issues.

As previously mentioned, most people who spend their time on computers like software engineers may have their level of stress increased as a result of the workload or working overtime. Increasing the level of stress can have a negative impact on the quality of software that is developed by the software engineer.

Software developers are often willing to work late to meet project deadlines, and that often leads to burnout [5]. Sleep deprivation and disrupted circadian rhythms may lead to adverse metabolic consequences, all the way to an increased risk of developing cancer [6]. This also leads to economic losses, which are recognized not only in the US, but also in the UK, Japan, Germany, and Canada. In 2020, losses for the US were estimated to be between \$280 billion and \$411 billion depending on the scenario, and those for Japan were estimated to be between \$88 billion and \$138 billion [7].

There are different practices that can help the software engineers to better manage stress, relax, and recharge their energy. Breathing practice is one of those practices.

Although there is growing research that addresses the general benefits of breathing, to the best of the author's knowledge, no detailed study has been conducted on the benefits of breathing practice for software developers.

1.2 Purpose of the Study

The main purpose of this master's thesis is to describe the effects and benefits of breathing practice on improving the well-being of software engineers. The reason we choose this breathing practice over other types of practices is due to the fact that it is easy to learn and gives deep relaxation to the nervous system. As a result, it helps in reducing stress and tension. There might be some other practices that have similar benefits; however, our main focus in this study is to investigate whether breathing practice has an influence on improving wellbeing and has an impact on improving the effectiveness and efficiency of software engineers.

The research project begins with a review of the literature examining the relationship between breath practice and work stress. The focus is on providing an empirical evaluation of the benefits of specific breathing techniques by analyzing qualitative data that has been collected over the course of eight weeks. The findings from the surveys (qualitative and quantitative data) administered by Penzenstadler will be used to interpret and discuss the implications of breathing on decreasing the stress

levels in the daily work life of computer workers who are involved in extended computer use. Based on the findings in the analysis, we will follow-up with participating software engineers in semi-structured interviews.

The overall study was performed with a sample of about 90 (depending on the drop-out rate) computer workers including computer science university students, faculty, researchers, industry software engineers, and other related target populations. Eleven participants were identified as software developers in the entry survey. The outcome will benefit Software Engineers by informing them of breathing exercises for managing stress and anxiety.

1.3 Research Questions

The following main research questions are formulated for this study:

RQ1: How do the eight-week exercises and techniques have an impact on the personal wellbeing of the participants?

This question aims to uncover the positive and negative impacts of the 8 week breathing exercises on the participants.

RQ2:How do those sessions lead to participants' change of their daily perceptions ?

This question helps to discover how the participant's overall perception changes during the training.

RQ3: How do the breathing sessions have an impact on personal creativity?

This research question assesses the personal creativity of participants during the exercises. Participant's ability to find new techniques on finding errors in a large file with code and improvements in fixing bugs are investigated.

RQ4: How do the breathing sessions allow participants to focus on their daily tasks?

This question aims to find improvements in software engineers decision making on your day-to-day task by participating in the breathing sessions. In addition, it explores improvements of daily writing code or the amount of code you produce.

The analyzed data from RQ3 and RQ4 will be used for further comparing computer since workers and non-computer workers as shown in section 5.5.

1.4 Scope and Limitations

The main limitations of the interview process are its being time consuming and the potential for unconscious bias. Unconscious bias refers to stereotypes and opinions that influence our actions and thoughts without being consciously aware of them. Often, these biases go unnoticed. For example, a software engineer may show an improvement, but may not notice this during the interview or may not notice this during the study period. Another limitation associated with data analysis is the difficulty in obtaining a large enough number of participants from the field of software engineering. This may limit the quality of the evidence used to answer a research question or test hypotheses.

The main delimitations of this study include: (a) the sample consisted of 14 people who volunteered to participate in the study and (b) qualitative data collection techniques included virtual interviews.

1.5 Outline

The organization of this thesis is described briefly below.

- Chapter 1 explains the main reason why the study is conducted and to which group it is conducted.
- Chapter 2 presents the details of related work.
- Chapter 3 describes the experimental breathing study.
- Chapter 4 provides detailed discussions of the research method used as well as how it is applied in the study.
- Chapter 5 presents the finding of the study from the interview and survey.
- Chapter 6 discusses the outcome of the study and compares with other related studies.
- Chapter 7 Summarize all work and suggestion for future works.

2

Background

This chapter gives a good understanding of breathing in relation to other concepts like Yoga, Mindfulness, etc.

2.1 Yoga and Breathing

Breathing patterns and techniques are advocated regularly for stress management, relaxation, and improved organ functioning. Anatomically, there is equilibrium in the breathing pressure which can easily be disrupted by prolonged sympathetic nervous system activation and stress. Breathing is related to mental function [34]. In most of the millenary eastern tradition, breathing is an integral part of much meditative practice. Breathing practice, also referred to as “deep breathing” or “diaphragmatic breathing” is efficient integrative mind-body training for dealing with psychosomatic and stress conditions. This breathing comprises the belly expansion, contraction of the diaphragm, and deepening of exhalation and inhalation, consequently reducing the frequency of respiration [34]. This breathing is a primary part of yoga and contributes to social adaptation and emotional balance, and rhythmic position and movements. Breathing is known as the essential factor in reaching the consciousness meditative state. Breath refers to ‘Prana’, which means both “energy” and “breath”. Yoga is one of the breathing techniques that help indirectly in regulating one or more respiration parameters such as expiration/inspiration ratio, deepness, frequency, etc. Pranayama is mainly associated with the practice of yoga and is a component of different meditative practice [34]. The most important benefits of yoga breathing includes an increase in the level of energy, muscle relaxation, reduction in stress and depression, and lower blood pressure.

2.2 Breathing and Mindfulness and Attention Awareness

Many studies have been conducted that report the accurate description of somatic and mental effects mainly elicited by meditation. It is also demonstrated that breathing techniques are especially intermingled profoundly with the meditation cognitive aspects. In the eastern culture, breathing has a role in achieving consciousness altered states. It is demonstrated that in western culture, breathing control has many

beneficial effects on individual health status, such as stress reduction, relaxation, and wellness. Nowadays, breathing techniques are independently developed from any spiritual and religious purpose or belief and are used for therapeutic purposes such as autogenic training, progressive relaxation, and biofeedback. These techniques of breathing are known as paced breathing and rely on slowing breathing frequency. Paced breathing has been associated with well-being and relaxation, and fast breathing has been linked mutually to stress and anxiety [34]. Studies have documented the significant benefits of regular practice of deep and simple breathing, such as stabilized blood pressure, reduced depression and anxiety, increased energy level, reduced stress, improved immunity, and reduced PTSD symptoms. Deep breathing has a significant impact on physiology both in the body and the mind. It is more efficient and relaxing that allows higher oxygen volumes to reach the body tissues and cells. In addition, it also reduces the strain on the muscles of the upper chest and neck, thus allows them to relax [35].

Studies have found that participation in mindfulness breathing and meditation training mainly results in cognitive process improvements such as working memory, attention function, and meta and executive cognitive functions. The improvement in cognition is primarily found to interact with the emotion regulation skills refinements that improve psychological well-being and functioning. Mindfulness breathing activates the parasympathetic nervous system that helps to reduce anxiety. It also reduces the negative repetitive thoughts that are common in people with depression [35].

2.3 Well-being and Mindfulness for Engineers, Software Developers and IT Workers

Engineers require skills from both the creative and logical parts of the brain. Mindfulness breathing allows engineers to discover their own emotions that help them to navigate stressors in a more productive manner. Studies have shown that mindfulness helps engineers to strengthen their capacity to create new ideas thus leading to a better solution and new thinking. The work of an engineer requires innovation and creativity to solve interdisciplinary complex problems. In addition, mindfulness also facilitates divergent thinking among engineers. Mindfulness breathing help engineers to stay focus on mentally taxing projects for a longer period of time and with less distraction. The higher creativity level, less distraction, and relaxed attitude mainly results in improved performance [36].

Mindfulness also supports the fact that software engineer's psychosocial aspects are one of the main factors for the software development quality and its resulting products [36]. The psychosocial skills in some of the software engineers promote the software process running smooth. Mindfulness practice influences some of the personality aspects that are relevant to the issue. Many studies have on the mindfulness practice for promoting an ideal work environment such as cooperation with

the customer, daily meetings, and the cordial environment between the development team members [36]. Programming requires focusing that develops the attention of software engineers. Mindfulness breathing help software engineers to focus more profoundly on programming. Software engineers widely use mindfulness breathing to support healing and reduce stress. It allows software engineers to maintain well-being in stressful situations by counteracting distraction. In addition, it helps them to concentrate on work for a longer time without interruption [36].

Mindfulness has widely been studied in the attention training context. In one study, it is demonstrated that while the attention of normal people declines over a course, the effect of mindfulness usually goes away after 1.5 months of effective practice [36]. Mindfulness therapy is also found to be effective in memory. Studies have demonstrated that mindfulness help software engineers and IT professionals to keep information in mind [36]. For software engineers, working memory is vital for tasks such as keeping in mind the complex program complete design and visualizing the particular control structure impact. The improvement in working memory through mindfulness is mainly due to the reduction in distraction results from mindfulness breathing [36].

2. Background

3

Literature Review

This chapter presents a literature review and related works in the contexts of work stress, healthy breathing, and mental health.

3.1 Introduction

Breathing is essential to your survival. Without food, you can survive for several weeks and three days without water. However, without breathing you can survive only a few minutes. Nevertheless, when it comes to personal health, people tend to focus on nutrition and exercise while learning how to breathe more effectively receives little attention [8].

Breathing is necessary for energy production, which takes place in the cells of your body. For example, breathing is necessary for speech production and for modulating abdominal pressure, which is important for movement and stability of the body and essential during birthing. When you do not breathe well, your health is compromised. People take about 20,000 breaths a day. Therefore, improving your breathing brings noticeable benefits to every aspect of your daily life. Generally, better breathing makes your life more comfortable. It makes you more alert and energetic, and it improves exercise and sports performance [8].

Work anxiety and stress can significantly decline performance levels. Paul and colleagues suggested that only a few medical schools have clear opportunities for students to learn and practice stress-reduction strategies that will help them academically [9]. From June 2004 to April 2006, a curriculum design aimed at assisting 64 postbaccalaureate minority students in practicing and developing a stress-management technique was regularly implemented. Every academic year, students engaged in Deep Breathing Meditation exercises in two classes and conducted pre, post, and follow-up surveys. The findings of Paul and colleagues showed that students experienced a reduction in test anxiety, nervousness, concentration loss, and self-doubt by adopting stress-management techniques outside the classrooms [9]. Serwacki and Cook-Cottone performed quasi-experimental, single cohort, pilot studies, and randomized clinical investigation to examine the basis of deep breathing practices and yoga [10]. Their findings indicated that the school authorities must introduce yoga and deep breathing practices to mitigate the stress and anxiety-related issues of students that will enhance their productivity in studies.

3.2 Work Stress in Computer Software Engineers

Work stress comes in many forms in many different job settings. For software engineers, it comes in the form of physical and psychological strains, such as anxiety, anger, depression, frustration, muscle and psychological tension, and gastrointestinal disorders [12].

One very common ailment of the computer operator is carpal tunnel syndrome (CTS). CTS develops in the area where the median nerve is compressed inside the carpal tunnel of the wrist. The research findings [11] revealed that software professionals diagnosed with CTS have to undergo Carpal Tunnel Release (CTR) surgery where medical experts are not sure about the recovery time. Moreover, exercises such as shake it out, fist to stop sign, fist to fan, basic wrist stretches, thumb touches, wrist flex and extent, tendon gliding, nerve gliding, wrist resistance, squeezes for grip strength, and wrist curl can be opted for when mild or moderate symptoms of CTS are experienced. In a study [13], 648 out of 4276 computer professionals were selected with simple random sampling criteria from 21 companies to study the prevalence of CTS among computer professionals. The diagnosis of CTS was purely based on medical features. The researchers [13] found 13.1 % of the participants were diagnosed with CTS. The diagnosed patients were mainly computer operators with an average working experience of 8 years of 12 working hours per day. Furthermore, the researchers suggested that the administrative workers are at higher risk of getting diagnosed with CTS. Workers with extended or flexed hands are also at higher risks of getting diagnosed with CTS. Researchers [13] concluded that increased exposure to computer work was associated with an increased risk of CTS. Efforts to allow workers to position their hands properly when using computers should also be made to ensure ergonomic advantages. CTS can be prevented by stretching your arm and deep breathing exercises.

Numerous factors contribute to the difficulty of conducting empirical research in computer software engineering, as it involves examining not only software development but also the behaviors of stakeholders when drawing principles and hypotheses from social science. Wohlin and Aurum [14] believe that researchers generally agree that choosing a research design for conducting empirical studies on computer software engineering is difficult, owing to the lack of well-documented consequences of using individual research methods. The authors conducted a research-based study to assist new researchers in modifying their research designs to meet the modern research demands by providing them valid and reasonable information about empirical software engineering research designs. This information will help them in making well-founded and knowledgeable research designs. According to Wohlin and Aurum, "It is important to note that there is no one single path to investigate research questions/ problems" [14]. Therefore, the research question(s) may change over the course of the study, and the researcher may need to revise them many times to conform to the research methods, research methodology, and results.

The growing body of knowledge about the effect in software developers focuses

primarily on the relationship between satisfaction, software quality, and developer productivity. Understanding the happiness and unhappiness associated with positive and negative emotions and mood elements of software developers is an alluring and critical pursuit. According to Daniel and colleagues, industrial and organizational psychology scholars have indicated that a better understanding of happiness and unhappiness may result in more cost-effective ways to improve working conditions, job efficiency, and the prevalence of psychological disorders [15]. The authors suggested that the comprehensive understanding of unhappiness is associated with software quality and development productivity which is not sufficient to estimate the unhappiness of software developers. The researchers conducted a qualitative data review of 317 questionnaires and the responses revealed quality measures of unhappiness and happiness respectively. It was discovered that happiness has both beneficial and detrimental effects on developers' mental health, the development of software, and the objects generated whereas unhappiness leads to decreased productivity and increased levels of stress and anxiety.

Software engineers experience the same emotional, physical, and mental complications as people feel in other professions. For a software developer, these complications affect the problem-solving capabilities of software engineers that leads to a decline in the efficiency of the software developmental algorithms. According to Penzenstadler, on a meta-level, if the software developers that develop the computer software programs do not cultivate individual sustainability through a healthy pace of life, the disparity propagates into the software development[7]. The author claimed that mindfulness practices such as yoga poses, mediation exercises, and breathing exercises are beneficial for the emotional, physical, and mental well-being of software developers that enhance their problem-solving skills and creativity. According to Iyengar, A group mindfulness meditation training program can successfully reduce anxiety and panic symptoms and help software developers to increase their productivity and creativity [16]. The study of Balasubramaniam and co-authors also revealed that there exists valid scientific evidence that yoga provides intervention in dealing with anxiety and stress to elevate work efficiency [17]. This shows that software developers can deal with their work anxiety and stress by practicing yoga.

Burnout is a well-documented side effect of stress. Given the prevalence of burnout in a variety of other professions, it exists in the Information Technology (IT) industry as well. An online search of various sources yielded prior publications on burnout and information technology professionals. Abstracts were screened to assess which papers met the evaluation requirements. Two reviewers evaluated three papers objectively and identified three significant exposure variables: position uncertainty, role conflict, and work tasks [5]. Maudgalya and colleagues [5] concluded that "managers of IT employees must be aware of these exposure variables and take action to protect the individuals". This suggests that these activities would benefit individual well-being while also saving the organization money over time. Cross-sectional research [18] was performed on 377 employees with an average age of employees 28 years at an information technology organization where the employ-

ees were involved in consultation, system integration, and data processing related to IT systems. Overtime work was found to be associated with mental and physical complaints, but sleep period and the job pressure index seemed to be more accurate markers of physical and mental distress in overburdened employees.

To understand the dimensions intervening to the mental health being of mechanical and software professionals, a study [19] was conducted in which 50 software and 50 mechanical professionals were selected. Sinha's Comprehensive Anxiety Test (SCAT) [19] was performed on the 100 professionals along with PGI Health Questionnaire N.1 [19]. The researchers [19] concluded that the software professionals possess higher levels of anxiety compared to mechanical professionals and there was no distinguishable gap being observed in the "psychological dimension of mental wellbeing" between mechanical and software professionals. Another study [20] was conducted to examine the prevalence of mental health complications among software engineers. The research findings [20] showed an 89% prevalence of computer-related morbidity among software professionals. Musculoskeletal, visual, and stress-related impairments were found to account for 63 percent, 67 percent, and 44 percent, respectively. It was concluded that Musculoskeletal disorders, ocular discomfort, and psycho-social problems form a key category of health problems found among constant computer users.

In a study[21], the self-reported musculoskeletal discomfort, tapping speed, handgrip ability, low back, and hamstring flexibility of 291 experienced computer users were evaluated using a sit and reach task. The participants of the study were divided into two groups: Wait-list control (WL; n=145) and Yoga (YG; n=146). The YG yoga group performed 60 minutes of yoga 5 days a week whereas the WL groups performed usual activities in those 60 minutes. After 60 days, the YG group (n=62) demonstrated a substantial reduction in the duration, severity, and degree of interruption caused by musculoskeletal pain, as well as an improvement in the low back, and hamstring flexibility, right hand tapping speed, and bilateral hand grip power. In comparison, the WL category (n=56) experienced an increase in musculoskeletal pain and a decline in the tempo of left-hand clicking. The findings of [21] suggested that yoga practice is a useful intervention of computer users to reduce medical health complications. In another study [22], a randomized clinical study was conducted on 118 trained computer users, who were randomly assigned to a wait-list and yoga groups. The yoga groups performed yoga practices for 2 months whereas the wait-list groups carried their usual routine. The findings [22] showed that subjective reports of dry eye and visual fatigue among yoga practitioners reduced significantly and it was concluded that yoga practice is beneficial for software professionals which results in minimum visual strain and healthy visual perceptual sensitivity.

3.3 Healthy Breathing and Mental Health

A pilot randomized control trial was conducted to examine the mindful yoga intervention and its impact on the psychophysiological and psychological state of ado-

lescents. A 20-session mindful yoga activity [23] was conducted among high school students. Three days a week, 50-minute classes were offered. Participants with an average age of 16 years were randomly allocated to one of two groups: supervision or action. Data were collected before and after the yoga program using a multi-rater (teacher, student) and multi-method approach (cognitive, survey, and psychophysiological). The findings showed that yoga has a positive impact on the social and mental health being of children in high school. According to Joos [24], "Yoga appears most effective for reducing symptoms in anxiety, depression, and pain". The researcher found out that mindful yoga practices are beneficial in treating chronic health conditions among the adult population. Yoga is a multifaceted intervention that incorporates physical activity, breathing exercises, reflection, imagery, and conceptual underpinnings. A new hypothesis based on the findings of this review [24] and an emerging pattern of increased yoga research for cancer populations suggests that the complex and varied nature of yoga could benefit patients experiencing a cluster of symptoms including psychological distress, exhaustion, pain, and a decreased health-related quality of life.

Shift work involving a night shift has become an inevitable aspect of today's 24-hour society. Disruption of the human circadian time organization results in a variety of jet-lag-like symptoms in the short term and can contribute to metabolic syndrome/type II diabetes, weight gain, obesity, and cardiovascular disease in the long run. Epidemiologic studies [6] also indicate an increased risk of cancer, especially breast cancer, in female workers who do night shifts at the workplace that involves computer work. The findings of [6] showed that sleep deficiency, which is almost exclusively encountered by night shift staff, results in immune system dysfunction. Changes in immunosurveillance factors can increase the risk of the occurrence of the progression of malignancies. According to [25], occupational workplaces need to schedule health monitoring and interventions for night shift staff, taking into consideration biorhythmic, psychosocial desynchronization, and the common occurrence of combination consequences of the poor working environment. The steps taken should be preventative in nature, aimed at mitigating anticipated health risks, rather than rehabilitative in nature.

Workers have to deal with both physical and psychological pressures in the workplace. Researchers [26] proposed a workplace initiative that aims to boost morale and cut healthcare costs by employing voluntary stress reduction by using the Booster Break software. This intervention incorporates break time as a major motivational tool in encouraging overall health and is seen in the booster ripple principle. It is found that the implementation of a break policy in a workplace will help employees' emotional well-being and healthcare expenses will go down thus increasing the efficiency and productivity of workers with lower risks of medical complications [26]. In a study [27], 120 employees from a large automotive industry were divided into two categories: series and cells, their working hours and break times were assessed using questionnaires and biomechanical exposure analysis to assess their attitudes, cognitive, physical, and mental health. The findings of [27], indicated that when break times are taken at appropriate timings, it will boost employees' efficiency,

3. Literature Review

lowering healthcare costs and increasing industrial productivity.

4

Research Method

In this chapter, the research methodology is presented in two sections. In the first section, the design of the experiment is presented. In the second section, the method for analyzing the data gathered from interviews is presented. This part is the most crucial because the result of the study is presented based on the method of this section.

4.1 Research Experimental Design

There are different techniques to manage stress, one of them is taking a deep breaths. Deep breathing helps to release tension from our body and clears our minds. So breathing study has been conducted to know whether breathing has a positive impact on the productivity and creativity of software engineers and computer workers[7]. In this section the design of experiment is presented.

The breathing study was conducted by Dr. Birgit Penzenstadler, assistant professor, Software Engineering division at Chalmers University. The sessions were given to the participants once a week for eight weeks virtually via Zoom.

These eight-week breathing sessions were combined with eight different topics. Those topics are time-management, energy, presence, recovery, confidence, decisions, listening and feedback. These topics with the reflection questions were sent through email to the participants at the first day of each week. Sending the reflection questions with the topics in advance helps the participants to overthink upon the topic and questions until the group breathing session day. Then the breathing session starts with a conversation around these questions, (e.g., How much sleep do you get on average?) and then offers a couple of suggestions for tools to help improve quality of life around the weekly topic. Then Dr. Birgit gives the instructions for the breathing practice, (e.g ask the participants to inhale & exhale through their mouth) which is performed for three rounds of seven minutes each with brief relaxation pauses in between, followed by a 20 minute relaxation at the end of the session. After the session, Dr. Birgit follows up with aftercare suggestions (e.g., to hydrate well) and is available for questions.

Before the weekly breathing session, materials had to be sent to the participants. Such as "brief video that introducing the weekly topic, a guided meditation on the

4. Research Method

weekly topic, the presentation slides that are used during the live session, and a workbook derived from those slides with a few more reflection prompts to journal on if desired"[7]. In case the participant didn't get time to attend to the live virtual session because of different reasons. They had been provided access to a recorded video version of the virtual session with the presentation slides that are used in the live breathing session.

Session No.	Topic	Reflection Questions	Tools
1	Time Management	<ul style="list-style-type: none"> • What am I actually spending my time on? • How often do you feel stressed? • What are the major causes? • How do you counteract stress? 	<ul style="list-style-type: none"> • Block time • Offline • Week plan?
2	Energy	<ul style="list-style-type: none"> • How often do you feel at optimal energy level? • How much after lunch 'coma'? • How often do you experience Friday exhaustion? • How often do you experience Monday dread? • How do you currently elevate your energy levels? 	<ul style="list-style-type: none"> • Physical <ul style="list-style-type: none"> I. Hydration II. Movement III. Food • Mental <ul style="list-style-type: none"> I. Intention II. Release
3	Presence	<ul style="list-style-type: none"> • How often do you space out or go on autopilot? • How often do you notice inner self talk? • How often do you feel emotionally tired or stuck? • What can you be grateful for right now? 	<ul style="list-style-type: none"> • Presence <ul style="list-style-type: none"> I. Reminder II. Movement III. Fresh air • Inner talk <ul style="list-style-type: none"> I. Observer role II. Distance & Humor II. Drop the thought
4	Recovery	<ul style="list-style-type: none"> • Do you sleep well? How many hours do you usually sleep? • How well rested do you start your day? Into the week? • After a long day, how easily do you fall asleep? • After an intense meeting, how do you decompress? 	<ul style="list-style-type: none"> • Physical <ul style="list-style-type: none"> I. 50 min blocks II. One long break III. Sleep hygiene • Mental <ul style="list-style-type: none"> I. Sleep meditations II. Gratitude journal II. Take real-time off
5	Confidence	<ul style="list-style-type: none"> • Do you ever doubt yourself? • How confident do you feel about your choices in life? • How clear are you on your intentions every day? • Do you have clear core values? What are they? • How much do you live into those values? How do they show? 	<ul style="list-style-type: none"> • Physical <ul style="list-style-type: none"> I. Clarity II. Confidence III. Congruence IV. Craft • Mental <ul style="list-style-type: none"> I. Intention II. Congruence III. Preparedness
6	Decisions	<ul style="list-style-type: none"> • Are your priorities aligned as you want them? • How does that reflect in how you spend your time? • How do you make decisions? Brain? Gut? Combo? • How do you evaluate gains versus risks? • How confident are you in your decisions? • How do you deal with a choice not working out? 	<ul style="list-style-type: none"> • Physical <ul style="list-style-type: none"> I. Leaning in or away II. Feel Yes VS No III. 7 breaths (Samurai) • Mental <ul style="list-style-type: none"> I. "Yes" or "No,thanks" II. Link it back to values III. Experiencing the potential scenarios IV. Talking to future self
7	Listening	<ul style="list-style-type: none"> • How well do you listen to someone you speak with? • Do you often or sometimes lose track of what they say? • How well do you observe the people you talk to? 	<ul style="list-style-type: none"> • Spoken <ul style="list-style-type: none"> I. Recap II. Ask for the why III. Ask for reflection. • Mental <ul style="list-style-type: none"> I. Full presence II. Listen as intently as you'd like to be heard. III. Refrain from thinking about your answer
8	Feedback	<ul style="list-style-type: none"> • How open are you to feedback? • How skilled are you at giving feedback? • How well can you identify and phrase your needs? 	<ul style="list-style-type: none"> • Setting <ul style="list-style-type: none"> I. Right time II. Right space III. Right attitude • Verbal <ul style="list-style-type: none"> I. Non-violent communication pattern II. 360 Feedback III. Follow up to check back in

4.1.1 Preparation for the Breathing Sessions

This breathing practice was conducted by laying down your body backward on the floor. For the breathing technique the participants should have a place where they can lay down on a mat. In addition, the participant needs a blanket to cover their body as the participant might experience cold. Participants also cover their eyes with an eye mask to avoid distraction from out said or the light. Bottled water is recommended in order to hydrate the body.

4.2 Main Research Design

The focus of this section is to perform the interview and analyze the data on a selected group of participants, i.e., Computer Science Workers. At the end of the eight-week course, an interview is conducted for those who are willing to be interviewed.

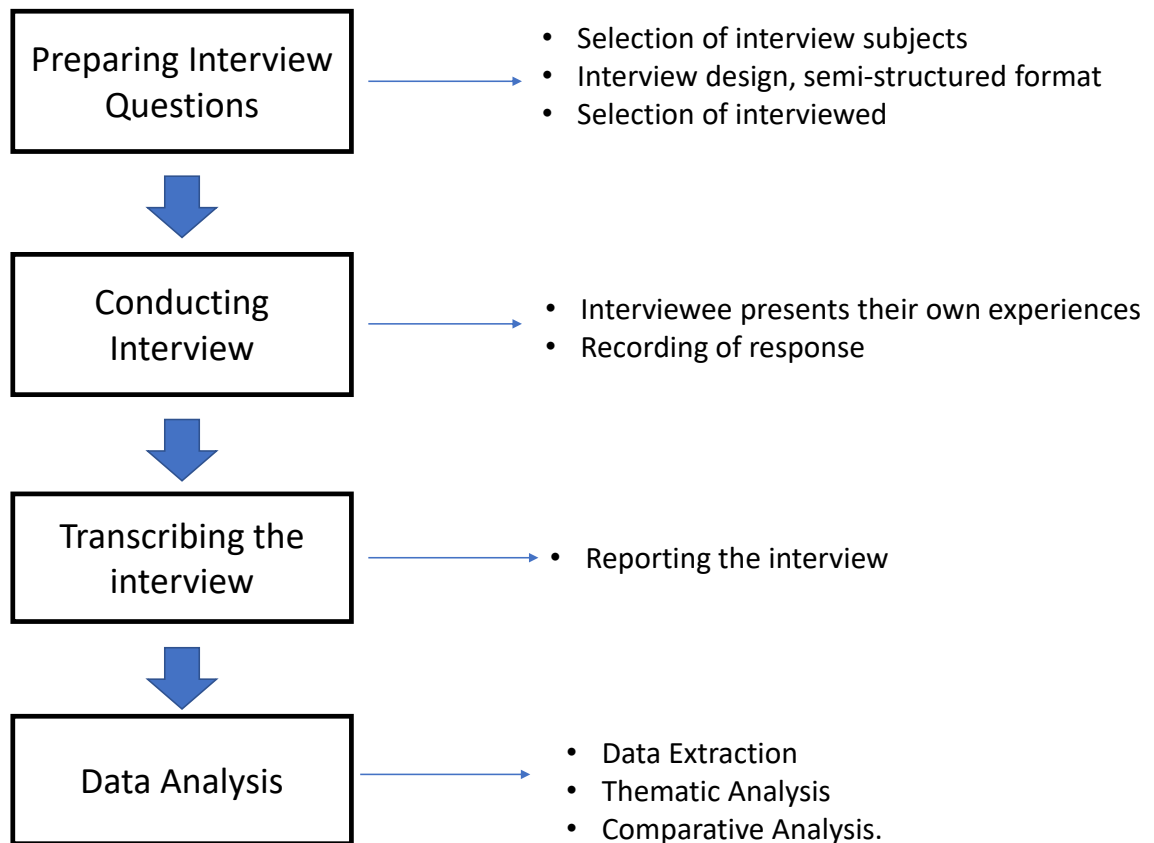


Figure 4.1: Interview Flow Diagram

4.2.1 Conducting Interviews

In this study, interviews were the main method for collecting data. All the interviews were conducted virtually by Zoom for the convenience of the participant. The

Zoom served as efficient ways to conduct the interviews, making it possible for an interviewee with busy schedules to participate in the study.

As a first step in the interview process, participants were reminded of the purpose of the study, research procedures, and protection of confidentiality. With participant approval, the interviews were video-recorded and then transcribed. Typed notes were also taken during all interviews in order to track key points to return to later in the interview and for use during data analysis.

The interview questions were framed to provide participants with the flexibility and to explore in-depth. Mostly open-ended questions were used throughout the remainder of the interview to encourage participants to talk freely and respond openly. The following questions were prepared for the interview.

Interview For Computer Science Workers

Part I: General Questions

1. Please introduce yourself?
2. Could you please elaborate on how your daily work is related to computer?
3. How many hours do you spend on computer in a day?
4. Have you gotten a chance to participate in the breathing session? If no, could you please share your reason why you didn't participate?
5. How would you describe your familiarity with breathing techniques before you participate in this study?
6. Did you ever encounter any problems in the breathing session? Did you like or dislike the breathing session? What do you believe are the major strengths and weaknesses of each breathing session?

Part II: Main Questions

1. What have you benefited from the breathing practice? What positive impacts do you notice in your daily tasks?
2. As a software engineer, how is your decision-making on your day-to-day task? Have you noticed any improvement in your decision-making since you have been part of the breathing session?
3. Does your daily work include writing programming? If yes, have you noted any improvement in the amount of code you produce?
4. How do you find an error in a large file with code that you cannot step through? Does breathing have an impact on handling different kinds of code error situations?
5. Does your daily work involve testing? If yes, have you noted any improvement in the number of bugs you fixed?
6. Does breathing have an impact on your creativity?
7. How does the breathing session enhance creativity and innovation?

Part III: Main Questions

1. Do you have any following comments? Ideas? Suggestions?

Interview For Non- Computer Science Workers

Part I: General Questions

1. Please can you introduce yourself (Education, Occupation Country of residence)?
2. Could you please elaborate on how your daily work is related to computers?
3. How many hours do you on average spend on a computer in a day?
4. Have you had a chance to participate in the breathing sessions? If yes, how many sessions have you attended?
5. What is the main reason you didn't participated in the sessions? What got in the way?
6. How would you describe your familiarity with breathing techniques before you participated in this study?
7. Have you ever experienced any problems in the breathing session? Do you like or dislike the breathing session?
8. From your point of view, what are the major strengths and weaknesses of the breathing sessions?

Part II: Main Questions

1. What have you benefited from the breathing practice? What positive impacts do you notice in your daily tasks?
2. As [interviewee occupation] how is your decision-making in your day-to-day task? Have you noticed any improvement in your decision-making since you have been part of the breathing sessions? If so, could you give examples?
3. What is the most significant change you have noticed in your work since you have been part of the breathing sessions if any? If so, could you name some concrete examples or occasions where this played out?
4. Have you noticed any improvement in your problem-solving ability at work since you participated in the breathing sessions?
5. Have you noticed any improvement in the amount or quality of work/task you deliver? It might be per day or month, since you have been part of the breathing sessions? If not in the amount, have you noticed any quality improvement?
6. Do you notice any improvement in the deliverability of the work (productivity) since you start attending the breathing sessions?
7. Have you noticed any positive or negative impacts of breathing on handling problems easily?
8. Does breathing have an impact on your perceived creativity? If yes, how so?
9. Have you noticed any enhancement/or diminution in creativity and innovation ?

Part III: Main Questions

1. Is there any experience or impact that you would like to share that I haven't asked you about yet?
2. Do you have any further comments for the breathing session? Ideas? Suggestions?
3. Have you continued using the breathing practice in specific situations, or regularly?
4. Would you recommend it to a friend or colleague who is affected by stress?

4.3 Survey Data

During the 8 week breathing session time data was collected from the participants by Dr. Birgit Penzenstadler. This data was collected as entry and exit surveys. The survey questions were sent to the participants through email on the first day of the week. In addition, the participant was motivated to take journal notes to reflect their experiences during the week. This survey data was collected from the computer science workers and non-computer science workers. In order to know whether the participants find breathing practices beneficial in maintaining stress levels and improving their well-being. The gathered data from the weekly survey was analyzed using Excel (quantitative data) and thematic analysis which is NVivo12(qualitative data).

The findings from Dr. Birgit Penzenstadler survey data was used to answer RQ1 and RQ2 in order to strengthen interview data analysis and conclusion. In this study the weekly survey from the 14 participants that participated on the interview have been used to answer RQ1 and RQ2.

4.4 Selection of Participants

After the 8 week breathing experiment was completed, an invitation was sent to participants and an interview was conducted with the participants who are willing to be part of the interview. Below is the summary of people participating in the interview.

Table 4.1: Interviewee's Details

Group Name	Occupation	No. of participants
Computer science workers	Software developers & testers	2
	Computer science students	2
	Computer science workers	4
Non-computer science workers	Non-Computer science students	2
	Non-Computer science workers	4

4.5 Data Analysis

4.5.1 Thematic Analysis

Here the data collected from the interview was analyzed using thematic analysis. Thematic synthesis draws on the principles of thematic analysis and identifies the recurring themes or issues from multiple studies, interprets and explains these themes, and draws conclusions in systematic reviews.

The interviews of the relevant respondents were carried out as well as their answers were transcribed, thereby, sorted and coded and arranged in the Computer Assisted Qualitative Data Analysis Software (CAQDAS) i.e., NVivo. NVivo is a software package utilized to conduct the thorough analysis of the interviews conducted. For the sake of carrying out the qualitative analysis, the process of thematic analysis by [28] was pursued which describes the processes of familiarizing oneself with data, generating initial codes, searching for themes, reviewing themes, defining and naming themes, and producing the report for the carrying out the detailed thematic analysis.

There are two primary methods to identify, associate, and analyze the themes or patterns emerging from the data in the process of thematic analysis [28]. The first is termed as an inductive or ‘bottom up’ approach [31]. The second, is by utilizing the perspective of theoretical or deductive or ‘top down’ approach [29]. In the case of the inductive approach, the observed themes which have emerged from the data during the process of data analysis are related strongly to the data or it can be said that those themes specifically emerge from the data themselves [33]. Therefore, depicting the high amount of correlation with the grounded theory approach of qualitative research. The main objective of this sort of research is to use the data to create themes with the help of the information provided in the data. This study is conducted using an inductive approach. The codes and themes are generated from the data, which is the transcription of the interview, which was considered appropriate to the research objective and research questions that needed to be covered or answered the two research questions. This analysis tries to answer by the two research questions which are RQ3 and RQ4.

Throughout the thematic analysis process, codes, sub-themes, and themes were generated and have been reviewed by Dr. Brigit and Christine. Based on the continuous comments and feedbacks improvements have been made.

The seminal work of Braun and Clarke [28] provided a six-phase guide I used in my study as a foundation in conducting the thematic analysis.

1. **Phase 1:** “Familiarizing yourself with your data, is focused on reading and re-reading the data, noting down initial ideas” [28]
To ensure I completed this phase of analysis and engaged myself in the data, I transcribed the interview sessions of each participant, I re-read the transcripts

at least three times to begin to identify patterns and meaning, taking notes as I went along. In addition, I utilized the NVivo 12 software as a tool of analysis. The transcripts were uploaded to the program and an analysis was conducted to pull out the significant language, patterns, and themes that were discovered throughout the participants' interview transcripts.

2. **Phase 2:** "Generating initial codes: coding interesting features of the data in a systematic fashion across the entire data set, collating data relevant to each code" [28]

This phase was mainly focused on reducing the data and the production of initial codes. The data was coded into meaningful and manageable text, such as passages, quotations, single words. This phase was focused on the development of themes; it is the first and most basic level of analysis that is used as an organizational tool.

3. **Phase 3:** "Searching for themes, collating codes into potential themes, gathering all data relevant to each potential theme"

In this phase, I evaluated and sorted the codes to identify themes. This phase was utilized as the draft of theme development and code placement.

4. **Phase 4:** "Reviewing themes, checking if the themes work in relation to the coded extracts (Level 1) and the entire data set (Level 2), generating a thematic 'map' of the analysis" [28]

This phase was focused on refining the draft themes identified in phase three using a two-level analysis of the codes. In the first level, the entire code was read for each theme and determining if a coherent pattern has developed. If a coherent pattern was recognized, I moved on to the second level of assessment, if codes did not fit, I had to determine if the theme itself was the issue or the codes and information for that specific theme. To complete the second level assessment, I read through the entire data set to ensure the themes fit in relation to the data. This also gave me the opportunity to check if I missed any additional data that needed to be coded.

5. **Phase 5:** "Defining and naming themes, ongoing analysis to refine the specifics of each theme, and the overall story the analysis tells, generating clear definition and names for each theme" [28]

The goal of this phase was to be able to clearly define the themes. To meet this goal, I focused on defining each theme, identifying the essence of the theme, and determining what aspect of the data and research questions the theme fits under.

6. **Phase 6:** "Producing the report: the final opportunity for analysis. Selection of vivid, completing extract examples, the final analysis of selected extracts, relating back of the analysis to the research questions and literature, producing a scholarly report of the analysis" [28]

In this last phase, I mainly focused on analyzing the data, and writing a narrative about the data and make an argument in relation to my research questions. Also, provides a concise, coherent, logical, nonrepetitive, and interesting account of the story the data tell-within and across themes.

4.5.2 Comparative Analysis

A comparative analysis approach has been implemented to compare the findings. The results of the overall software engineers and testers/computer science workers to the non-computer science workers/student's participant has been compared in order to understand the effective impact of the breathing method to software engineers. This comparison has taken place only from the interview data from the software engineers and testers/computer science workers and non-computer science workers/students. The comparative analysis is done by using the number of references that have been quoted on a given them by the two categories of participants.

The comparison has been performed only for the interview data. It was hard to carry out a comparison for RQ1 and RQ2 since the number of participants who filled the weekly survey reduced over time. At the beginning of the study, the participant who filled the weekly survey was 9 out of the 14. Then it decreases through time, at the end of the two weeks of the study there were only 3 to 4 participants who filled the weekly survey. For this reason, a comparison for RQ1 and RQ2 was not performed.

5

Research Analysis and Result

In this chapter, the main findings of the analysis will be presented that are relevant to answer the research questions. RQ1 and RQ2 are answered from the survey data gathered in the study. The surveys were designed and administered by Dr. Birgit Penzenstadler. RQ1 was answered using the qualitative part of the weekly survey which was analyzed by thematic analyses. RQ2 was answered using the qualitative part of the weekly survey.

RQ3 and RQ4 are answered from the qualitative interviews. From the interview, the effect and the impact of the breathing exercises program on the computer and non-computer workers, thorough and detailed analysis of the factors involved are conducted. They are focused on multiple aspects with relation to the participants' personalities and their work. As it can be understood that their jobs require an extended commitment for the usage of technical devices even after their working hours, therefore, it was deemed essential to dig down upon the factors involved in order to gain an in-depth perspective about the work of the participants and the outcomes of the breathing exercise program of the participants who have been enrolled in the program.

5.1 *RQ1*: How do the eight-week exercises and techniques have an impact on the personal well-being of the participants?

This section shows the result of the thematic analysis of the qualitative data that emerges from the weekly survey. An inductive approach has been taken place to analyze this data.

Table 5.1 shows the volume coverage of all the themes and sub-themes emerging from the data analysis. It can be seen from the table above that the theme that emerged in this analysis is mainly personal well-being. The sub-theme named self-esteem has the largest coverage with 50 references. Self-governance is a theme that has the least coverage of 12 references from the total coded data in the analysis. In general, the coverage of all the sub-themes that emerged in this analysis can be seen in the hierarchy chart and in the table.

Table 5.1: Themes Hierarchy with Number of References

Name	References
1. Personal Well-being	106
1.1 Self-governance	12
Technology independent	4
Reminder	3
Professional engagement	5
1.2 Self esteem	50
Self awarness	12
Self value	26
Self confidence	4
Feedback	3
Determination	5
1.3 Physcological calm	44
Life satisfaction	13
Develop leastening	9
Being positive	10
Being active	12

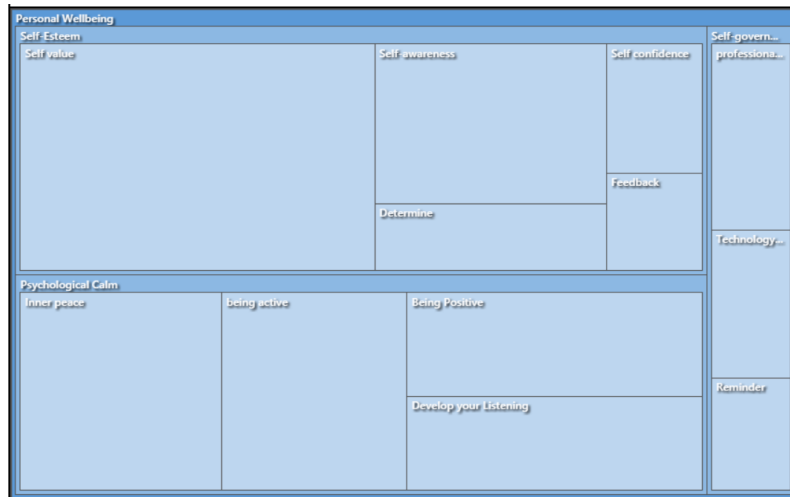


Figure 5.1: Theme Hierarchy of “Personal Well-being”

5.1.1 Personal Well-being

Personal well-being of participants is a theme emerging out of the data with three sub-themes of Self-governance, Self-esteem, and Psychological calm as shown in the Table 5.1 and Figure 5.1. The main aim of this theme is to provide an answer to research question number one (RQ1).

Self-governance contains three sub-themes namely Technology-independent, Reminder, and Professional engagement. In this sub-theme, it is essential in understanding participants’ techniques and methods to improve their well-being and work life. Even through the participant’s work life is bound to spend more time on electronic devices as their primary requirement. They also try to reduce their usage of electronic devices by having offline time from personal electronic devices. On the other hand, they use reminders such as alarms and sticky notes to take a quick break from elec-

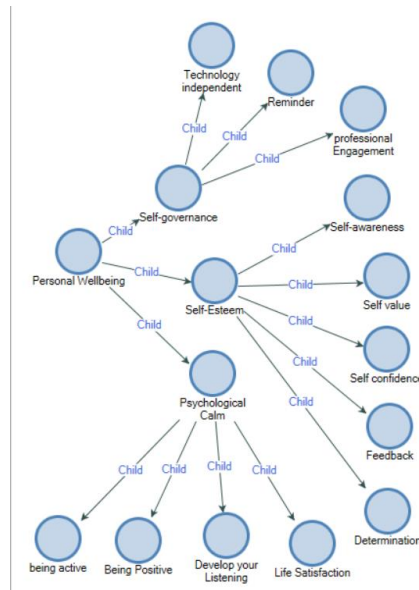


Figure 5.2: Theme Hierarchy of “Personal Well-being”

tronic devices.

For example, *"No mobile phone in the bedroom anymore"* is what the participant answered when they got asked which tool they have used to improve their well-being on the first week of the session. According to one of the participant's reply, one of the techniques used to improve their well-being was to reduce the amount of time they interacted with their electronic device such as smart phones. Participants might be using this technique for two reasons, one is to fell asleep because using phones at their bed time might distract them from falling asleep and keep them awake. The second one is to reduce the amount of time they have spent with technology or electronic devices. Doing this might allow them to reduce some of the negative factors that affect their well-being.

The second sub-theme which is Self-esteem includes the codes of self-awareness, self-value, self-confidence, feedback, and determination. Here it is mainly discussed participants' well-being improvements since they have been part of the breathing session. Although, some participants drop-off during the training session, almost all the participants who participated in the weekly survey becomes more aware about their daily activities, what are the good and the bad habits they have, what actions should they take to improve their well-being, and on what things they should be focused on. Furthermore, the participants start to give more value to themselves even in stressful situations at work by giving break time to drink water, taking a deep breath, meditating, taking a nap, and having quality time. The breathing session along with the topics helped some of the participants to develop their confidence. Since they have become part of this session some participants noticed their confidence improvements in public speaking and in their communication skills. When it comes to feedback few of the participants became more aware of how to receive feedback without getting offended. This is an example answered by participants that

Table 5.2: Defining and Naming Themes: Personal Well-being

Theme	Sub-Theme	Codes Combined
Personal Well-being	Self-governance	Technology independent
		Reminder
		Professional engagement
	Self-esteem	Self-awareness
		Self-value
		Self-confidence
		Feedback
		Determination
	Psychological calm	Life satisfaction
		Develop listening
		Being positive
		Being active

shows how the participant starts to give value to themselves. *"I have increased my water intake and started watching what I eat."* This answer shows us the participant starts to focus on his/her well-being and the participant is starting to take care of his/herself by adding new habits in his/her daily routine since he/she becomes part of the breathing session.

The last sub-theme of the Psychological calm is comprise the codes of life satisfaction, develop listening, being positive, and being active. This sub-theme explains how the participants get peace with themselves since they have joined the breathing session, how active they've become, and what is the judgment of the participants towards their listening habit and the angle they see towards things. The participant has reported that a positive response towards their happiness after attending the breathing session. Furthermore, some participants try to give focus on their listening habits and they are taking action to have improvement. In addition, we can notice from their answers how positive they've become in their life. Also, some of the participants become active by doing different exercises and yoga. For example, one of the participant's was asked how active he/she became during the study, the following is quoted from the reply. *"I try to exercise a bit, at least some minutes a couple of days"*. From this statement, we understand that the participant tries to be active by doing some exercise, so this shows us the participant tries to take some action in order to be physically well.

5.1.2 RQ1: Summary

Based on the findings that were generated from the thematic analysis, the well-being of the participants has been increased. In general, the participants are able to give time to themselves and being aware of what is going on in their surroundings. In addition, they started to give value to their well-being by taking a walk or playing with their pets. At the same time, they have been able to develop their confidence.

Table 5.3: Personal Well-being: Sample comments from the weekly survey thematic analysis

Codes	Sample Comments from Participants
Technology independent	No mobile phone in bedroom anymore.
Reminder	Put sticky notes all over my desk and everywhere in our home to get remembered all the time.
Professional engagement	I think work and a deadline I had for a project took most of my time, and left me without self time.
Self-awareness	I realized that sometimes I need to listen to my body when it wants to recover.
Self-value	I have increased my water intake and started watching what I eat.
Self-confidence	I was able to communicate very clear to my students.
Feedback	Concerning receiving feedback I'm aware of that I have to be more open for an exchange and that I do not judge on the feedback I get, sometimes I reacted aggressively.
Determination	I am very happy with my life decisions
Inner peace	I was so calm that night and the day after.
Develop listening	Trying to remind myself to always fully listen to the other person.
Being positive	I am very optimistic.
Being active	I try to exercise a bit, at least some minutes a couple of days.

5.2 *RQ2*: How do those sessions lead to participants' change of their daily perceptions?

In this section, the quantitative data was analyzed from the weekly survey. Overall 14 different participants participated in the study. The number of participants decreased in the study and to handle this threat, the results will be presented by averaging over time.

The following questions were asked to assess the feeling of each participant:

1. Q1 I have felt cheerful and in good spirits.
2. Q2 I have felt calm and relaxed.
3. Q3 I have felt active and vigorous.
4. Q4 I woke up feeling fresh and rested.
5. Q5 My daily life has been filled with things that interest me.

The participant answer was rated from 0 to 10 as shown in Table 5.4. The average of the response is plotted on a weekly basis.

5. Research Analysis and Result

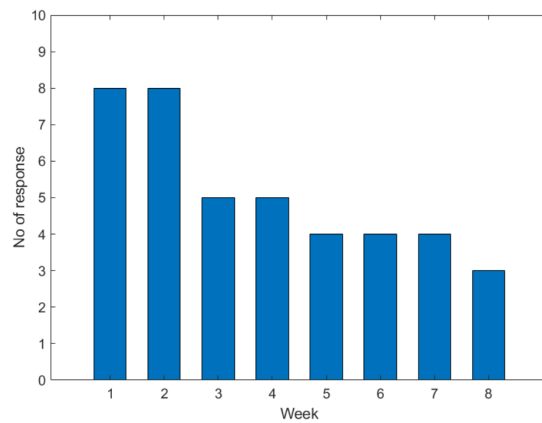


Figure 5.3: Response rate for each week.

Table 5.4: Participants answer rating

Answers	Numbers
All of the time	10
More of the time	8
More than half of the time	6
Less than half of the time	4
Some of the time	2
At no time	0

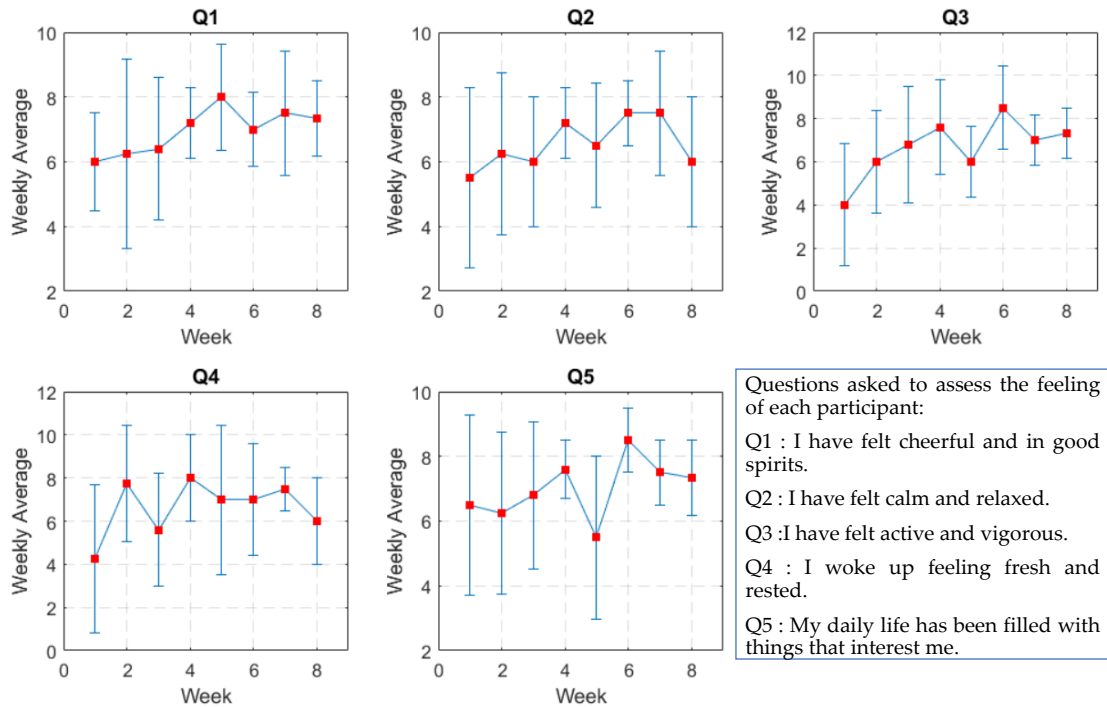


Figure 5.4: Weekly response participants for Q1-Q5

5.2.1 Q1: I have felt Cheerful and in good spirits

In the first 5 weeks of the study the weekly average response increases steadily from 6 to 8. To display how different participants describe their good spirit during the beginning of the study, let's look at following few examples that will serve as representatives for the universal participants.

participant 1: 2/2/2021 : I really want to feel different :) I hope this course help me.

participant 2: 2/9/2021 : I believe I am naturally an energetic person. I am very optimistic. One of my challenges is not low energy but quite the opposite: trying not to exaggerate with too much work. Some times I felt anxious because I have too many things to do. This has a negative impact on my breathing pattern and I can't breath deeply when I am anxious. I like helping colleagues, such as, accepting invitations to join departmental committees, PC of conferences, etc. After accepting some invitations, I wonder if I will manage to do all the tasks. At the end, it all works out. But, this triggers some anxiety of not being able to perform high all the times. For instance, now I have a very intense workload of papers to review. I get anxious thinking of all the things I have to finish in the next few weeks. However, I do not compromise my family time and my own yoga/meditation/exercise routines. This is something I learned over the years to be my top priorities, all the rest can wait.

participant 3: 2/16/2021 : I love these questions and the daily journal, they help me most.

participant 4: 2/25/2021 : Yes, I have been trying to establish a good sleep routine over the past week and so far it has been working well. I felt more rested in the mornings.

participant 2: 3/3/2021 : The weekly breathing exercise has been a delight for me. I had very beautiful spiritual visions and insights during the exercise, especially, when holding the air. It was a very deep meditation. I loved that my own breath brought me more easily to that heavenly state than in normal vipassana meditation.

As can be seen from the above responses, the participants showed an overall good motivational start during the first half of the study. The participants demonstrated good mood and positive energy. However, during the weeks 6 to 8 the weekly response drops from 8 to 7.4. One reason could be participants were overwhelmed with the training, lack to implement it in real life, and having less time to keep the training practice.

participant 5: 3/3/2021 : This topic was very interesting, but I did not manage to implement any of the proposed tools I did not have time/energy to practice yoga and meditation as I usually do every day when I am at home. Therefore, I noticed my breathing pattern was short and I a felt a bit anxious. I love my parents and I try to have empathy and understanding for what they are feeling. It was a good opportunity

to practice listening, but I think my internal well-being was a bit unbalanced.

5.2.2 Q2: I have felt Calm and Relaxed

Figure 5.4 shows the state of participants state of calm and relax during the 8 weeks. Overall, it shows an increase and drops at the last week. Participants reflect how their moods were changing during the study by feeling calmer, at peace and in better control of their emotions.

participant 6: 2/1/2021 : It was a wonderful session. I was so calm that night and the day after.

The quote above, clearly shows a positive change in this participants, relax and calmness. Similar to the Q1, a drop is observed towards the end of the study.

5.2.3 Q3: I have felt Active and Vigorous

The weekly trend of participants activeness and vigorousness is shown in Figure 5.4. During the study session it overall increases with a big drop on week 5. One participant gave low results due to lack of confidence at work. The participant comments are as follows:

participant 6: 3/10/2021: feel a lack of confidence for. I feel lack of confidence a lot. But when setting intention and energy before the meeting, I feel quite much better.

5.2.4 Q4: I woke up feeling Fresh and Rested

The participant's feeling of freshness and rested fluctuated in each week. During week 2, week 4, and week 7 we can see that the participant felt fresh and rested, on the other hand, in the rest of the other weeks, we can see a decrement on their feeling of freshness and rested. This part really depends on the seasonal feeling of participants.

participant 7: 2/8/2021: I am having a short nap like 15 minute after lunch and a quick shower to refresh. This practice is really restoring, and I feel more energized to work in the afternoon.

One participant mentioned the freshness and rest depended on the daily work routine. The quality of sleep and rest decreased when daily routine patterns are broken.

5.2.5 Q5: My daily life has been filled with things that interest me

The last part describes participants' answers to questions of how their daily life has been filled with things that interest them. Going from week 1 to 4, the weekly

average increases. Then it drops to 5.5 at week 5. The maximum value is at week 6 which is 8.5. Participants' responses show decrement from weeks 6 to 8. Overall it shows an increment from 6.5 to 7.4.

Participants mentioned they feel interested by others when they are away from technology.

3/22/2021 participant 2 I practiced full presence with my parents and I avoided using devices during the days I spent with them. It was a good break to switch off.

5.2.6 RQ2: Summary

From the quantitative data, participants' daily perception of participants increased as the study progressed. Participants show an overall increase in good spirit, relaxed and calm, active and vigorous weekly feelings. Participants' feeling of freshness and rest seems to fluctuate during the study. The daily life of participants filled with things that are interesting increases with a drop in the middle of the study. In general, the weekly breathing session leads to a positive change in the participant's daily perception.

It is worth mentioning from Figure. 5.4 that the first half of the study, there is an overall increase and it turned out to decrease. One reason for this could be due to participants languidness during the study.

5.3 RQ3: How do the breathing sessions have an impact on personal creativity?

In order to answer RQ3 the qualitative data from the interview has been used and analyzed using thematic analysis.

Table 5.5: Themes Hierarchy with Number of References

Name	References
1. Personal Creativity	88
Better Decision Making	16
Effect on Perceived Creativity	24
Problem Solving Ability & Productivity	45
2. Improvements in Emotion	75
Enhanced Focus & Stress Relief	33
Relaxed Mind	42

This chart represents the volume coverage of all the themes emerging from the data analysis. It can be seen from the Figure 5.5 and Table 5.4. that the theme named Problem Solving Ability and Productivity has the largest coverage i.e., 45 references

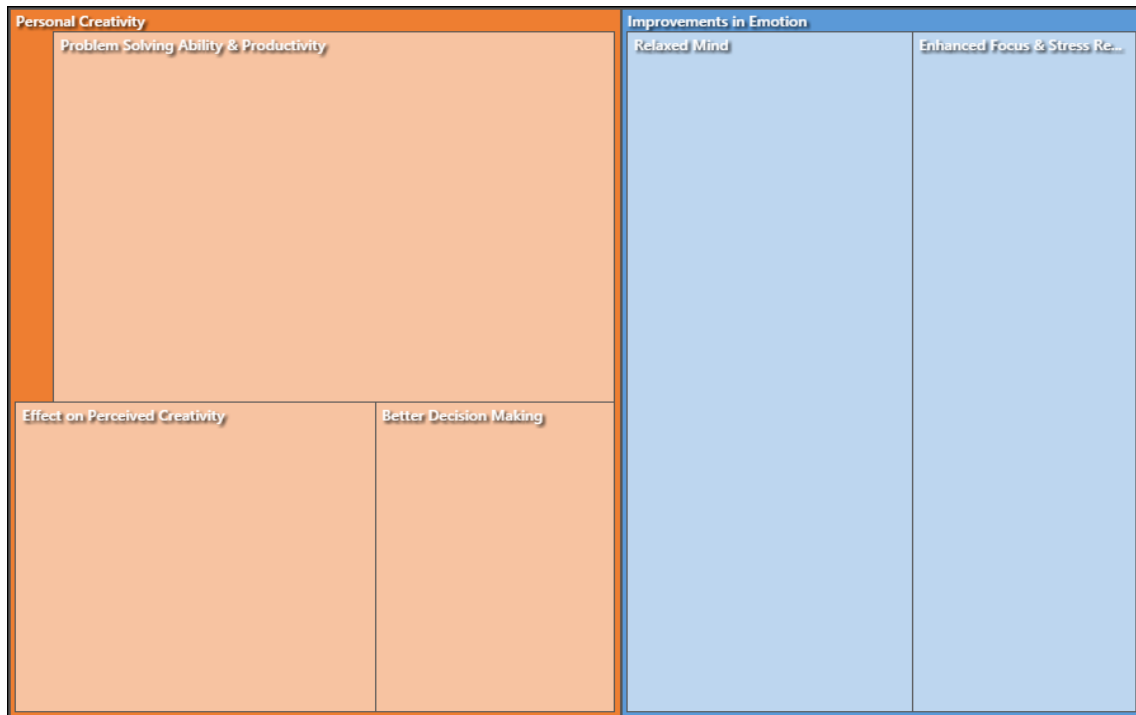


Figure 5.5: Hierarchy Chart of Themes

where as the theme of Better Decision making has the least coverage with merely 16 references from the total coded data. Similarly, the total coverage pertaining to other themes and codes could also be seen in the hierarchy chart.

5.3.1 Personal Creativity

This theme allows the researcher to answer RQ3. Personal creativity is also one of the major themes emerging out of the data and is comprised of the themes of problem-solving ability and productivity, effect on perceived creativity and better decision making. It discusses whether the breathing exercises increase the personal creativity of the participants or not? The effects of the breathing exercises are measured upon the creativity of the participants.

Theme	Codes Combined
Personal Creativity	Problem Solving Ability & Productivity
	Effect on Perceived Creativity
	Better Decision Making

Participants reported that due to the relief of stress and more focus on the problem at hand, the decision-making powers of the participants increased significantly. For example, when the participant get asked whether the study had an impact on their decision making in their day to day life, the participant replayed as followed, *"it helps me on decision making and set the priorities which will be either more priority in my daily life"*. We observe from their reply is the breathing session that allows the participants to have a better decision making on prioritizing things in their daily life.

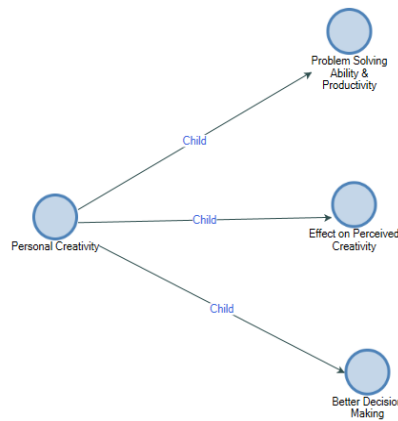


Figure 5.6: Theme Hierarchy of “Personal Creativity”

Most of the participants also reported that the sessions allow them to deliver a better quality of work than before at the same time their motivation towards the work they need to accomplish increases. For instance, when the participants have been asked if they have noticeable improvement in the quality of the work they deliver since starting to participate in the breathing session, they replied as follows, *"definitely, yes, I think the quality of work, for instance, the inspiration, and when you have to do creative work, writing something, you know, just creating something new and you design a new paper that you have to write, I think it really improves the quality of the creativity of work, and also the productivity"*. Therefore, this shows how this breathing practice allows the participant to deliver quality work as the result of getting motivated at the same time this results to be more productive in their work. However, there are few participants who haven't noticed a significant improvement in the quality of the work they deliver. This might be due to a lack of focus on training of the improvement on the quality of work, the answer from the participants in the quotation will be a good example of the reason why; *"It's not that much that I have to deliver actually so that I had that I have an artifact and to deliver it. And someone can talk about it if it's better before the study"*. Another reason could be the participant might not get the chance to attend all the breathing sessions, so this might affect the participant to not notice the improvements that she/he is supposed to observe.

The responses of the participants with respect to the perceived increase in their creativity received mixed reviews as some participants reported that they are not very creative naturally. In addition to that, some of the participants also reported that it is extremely difficult to assess or measure the increase in their creativity and, therefore, did not give any concrete answers with examples. For instance, as shown in Table 5.5 under codes, the effect on perceived creativity, the participant replied as followed, *"I can't judge whether my creativity or productivity was enhanced"* when they get asked if the breathing session has an impact on creativity. This shows us how the participants are uncertain about their judgment towards the improvement of their creativity. There might be two reasons why the participants could not notice an improvement in their creativity. The first reason is that some of the par-

Participants were taking the breathing session in the evening so, they might not work on their job after the session ends since it will be their sleeping time. Another reason might be, since the next day is Friday they might not have that much work to do on their workplace so as a result they might find it difficult to assess their improvement.

However, some participants have reported they have noticed a significant improvement in their creativity and innovation. These answers in quotation are the two examples that are given by two different participants when they are asked if the breathing session has an impact on their creativity, *"Positive, I will say, positive creativity skills. At least what techniques to test or techniques to try out".*, *"yes, it does enhance creativity and innovation"*. This can show us how the breathing session has a positive impact on the participants on enhancing their creativity and innovation since they become part of the breathing session.

When we come to problem-solving ability and productivity almost most of the participants have seen a significant improvement in the way they solve and handle problems they are faced with daily work and life since they have joined this breathing session. As shown in Table 5.5, the participants answered when they got asked if they had notice any change in their problem-solving ability and productivity since they have been part of the breathing session, so their reply is as shown in the quotation *"yes, I would say some, mainly because of 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"*. We could observe from this answer is that having a relaxed mind allows the participant to have a clear picture of the problem so as a result of this they can come up with a better solution. Another example this participant replied as follow, when they got asked if they have noticed about their productivity, *"I think it improved by deliverability"*. This shows the breathing session had a positive impact on their productivity at work. On the other hand, few of the participants also had mixed feeling toward the enhancement of their problem-solving abilities.

5.3.2 RQ3: Summary

Based on the analysis, in general, the breathing session has a positive impact on the problem-solving ability of the participants and on their decision-making ability. The results are in the line with reflecting positive actions which make one person better and engaging a habit which in the long run will help the person's well-being.

However, it was a surprise to find out some participants have reported the session had not impacted or had not noticed their creativity and innovation. This was an unexpected result. When we see another method such as Yoga it has shown a positive impact on creativity according to the study conducted by R. Blades et al [42]. Since a breathing session is another meditative practice, it was not expected to see an opposite result.

Table 5.6: Personal Creativity: Sample comments of informants from interview transcripts

Codes	Sample comments from participants
Problem solving ability & productivity	yes, I would say some, mainly because of 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.
	I really believe that it increases your memory level, your intellectuality your ability to think logically and to solve problems.
	Oh yeah, like I said, I've been more motivated, more productive, more able to focus on like, getting something done.
	I don't know. I'm not sure if I noticed that. It's a bit harder when we're also always online nowadays.
Effect on perceived creativity	I don't know if my creativity has been bolstered from the meditation sessions.
	I can't judge whether my creativity or productivity was enhanced.
	So I think you get very creative because you access different parts of your brain as well that you oxygenate and create new connections.
	Probably a struggle more with being innovated than creative.
Better decision making	Helps to have more control, first emotional feelings on a decision and to come to a more rational decision.
	It helps me on decision making and set the priorities which will be either more priority in my daily life
	In my professional life, there are things that I can accept, and I'm not so it's this decision of what they helped me. So there was a positive impact.
	Well, I have never had too much problems with decision making. I am rather good at that. But I'm very bad at is saying No. Deciding against something new, something that would be possible. Which I guess I have improved over the past months,

5.4 *RQ4*: How do the breathing sessions allow participants to focus on their daily tasks?

5.4.1 Improvements in Emotion

The main goal of this theme is to provide an answer to RQ4. Improvements in emotion are the major themes that emerged out of the data. Enhanced focus and stress relief and a relaxed mind are codes that emerged out of the data. This part discusses whether the breathing session helps the participant to focus on their daily task, at the same time if this breathing session has an impact on the participant to reduce their stress level. In addition, whether this breathing allows the participant to get relaxed.

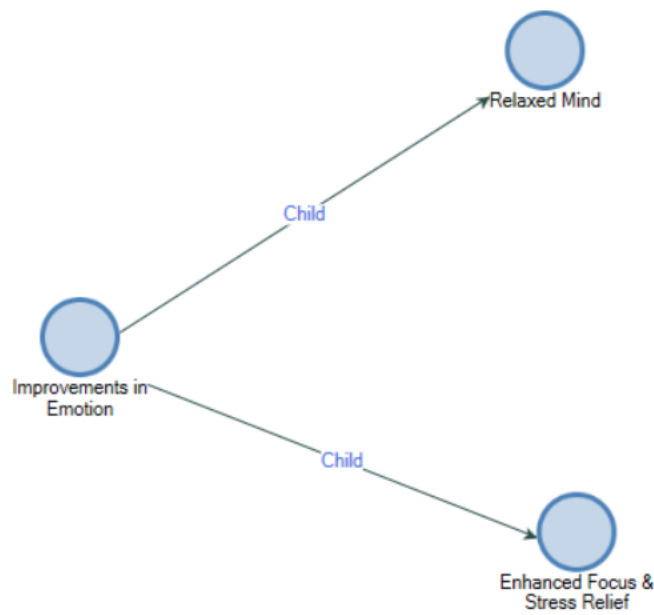


Figure 5.7: Theme Hierarchy of “Improvements in Emotion”

Theme	Codes Combined
Improvements in Emotion	Relaxed Mind
	Enhanced Focus & Stress Relief

All participants reported that since they had become part of the breathing, they become more focused on the day-to-day task. Also, the breathing session allows them to be less stressed. The text on a quotation is a sample example answered by the participant that show how this breathing session enhanced their focus and reduced their stress level, *"helped me over the course of the weekend was being more focused, and less stressed"*. This reply from the participant implies that how the breathing helps him/her to be more focused and less stressed.

The response found from all participants shows a positive impact when it comes, whether the breathing session allows them to have relaxed mind. The participant reported they became calmer and relax since, they attend the breathing session. For example, as shown in Table 5.6 one of the participant replied *"I was much more rested and calm and relaxed, I really was able to share my experience"*. So, what we can observe from this is that how the breathing session is helpful to have a relaxed mind and calmness.

The below Table 5.7 shows the sample comments of the participants. This table will give the reader good understanding of the codes under improvement in Emotion.

Table 5.7: Improvements In Emotion: Sample comments of informants from interview transcripts

Codes	Sample comments from participants
Relaxed Mind	After the briefing session, I was really refresh very active and calm.
	The fluctuation in my efficiency has reduced.
	I've never actually encountered anything that cause any particular breathing practice that calmed me down as much as this one.
	I was much more rested and calm and relaxed, I really was able to share my experience.
Enhanced Focus & Stress Relief	It helps me to become and be focused in what I'm doing ,what I want to do.
	Helped me over the course of the weekend was being more focused, and less stressed.
	I feel relaxed and I can concentrate in that new things and my brain will work fine than before.
	I feel a little more better equipped to handle my problems now.

5.4.2 RQ4: Summary

Based on the experience that was mentioned by the participants, we can conclude that having this breathing session was beneficial in reducing the stress level and be able to be more focused on daily life. In addition to this, the breathing session allows you to have a more relaxed mind and calmness. This is in-line with the study conducted by Penzenstadler [43] which shows participants have felt more relaxed and focused according to the survey gathered.

5.5 Comparison between Computer Science Workers and Non-Computer Science Workers

This section compares between Computer Science Workers and non Computer Science Workers from the interview data, which is RQ3 and RQ4. As it is mentioned in chapter 4, out of 14 interviews, 8 were CS workers and 6 are non-SC workers, i.e., 57% of the codes are from Computer Science Workers and 43% from non-Computer Science workers.

Both groups claimed to have gained significantly from the breathing sessions and have managed to remain beneficial from such sessions. However, the main difference in the takeaway of the distinct groups is that both of them claim different things from the session. Computer science workers mostly assert that they have managed to enhance their concentration and relieve their stress from these sessions which have impacted their decision-making and problem-solving skills as well as increased their productivity at the workplace. Non-Computer Science Workers, on the other hand, have made assertions that they have achieved state of relaxation due to these sessions and this has impacted positively in their lives in general. There has been

5. Research Analysis and Result

an instance of a Non-Computer Science Workers claiming that he managed to get a better night's sleep due to these sessions which were almost impossible prior to these sessions. Thus, it shows the emotional and psychological aspects of the same activity when viewed from different perspectives of two distinct groups.

Table 5.8: Coding Matrix Table of Themes w.r.t to Computer Science Workers and Non-Computer Science Workers

	Computer Science Workers	Non-Computer Science Workers
1 : Personal Creativity	31	51
2 : Improvements In Emotion	24	36

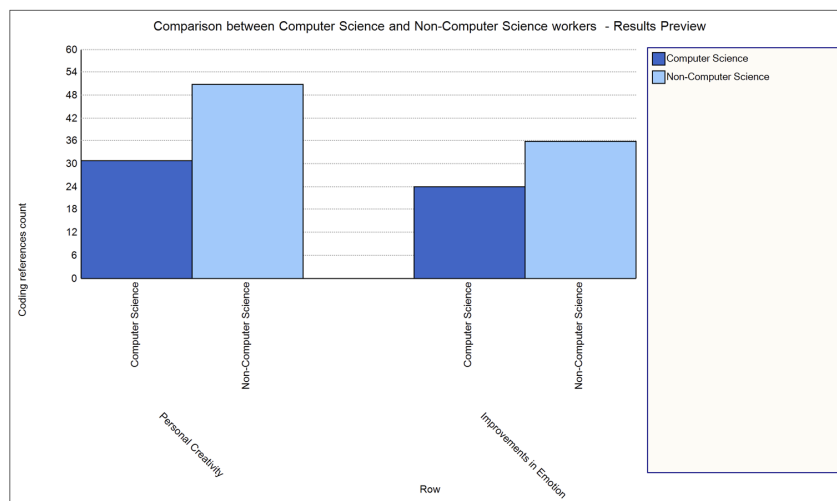


Figure 5.8: Coding Matrix Chart of Themes w.r.t to Computer Science Workers and Non-Computer Science Worker

Table 5.8 and Figure 5.8 exhibit that most of the Computer Science Workers were concerned about personal creativity as 31 references were quoted and 24 from improvement of emotions. When it came to Non-Computer Science Workers, their trends were also found similar to that of computer science workers as they were also found more talking about personal creativity with 51 references and least about improvement in emotions with only 36 references. Non-Computer Science Workers have noticed more improvement in their personal creativity and improvement in Emotions comparing to Computer Science Workers. As mentioned earlier Computer Science workers are 14% more than non Computer Science Workers, and regardless this non Computer Science Workers have noticed more improvident than Computer Science Worker.

6

Discussion

In this chapter, the result of the findings will be discussed and summarized based on the research question. Furthermore, the threats of validity identified in this study will be presented and discussed.

6.1 Research Question 1

Recall RQ1: How does the eight-week exercises and techniques have an impact on the personal well-being of the participants?

The thematic analysis of the qualitative data from the weekly survey was hierarchized for personal well-being, self-esteem, and psychological calm. This shows that the participant's well-being gets improved since participants start the breathing session. The breathing study helps the participants to improve the way they govern themselves and their self-esteem has boosted as well as psychological enhancement. Therefore, it can be concluded that the breathing session enhances the mentally and physically well-being of Computer Science workers and Non-Computer Science workers .

There are a number of studies regarding the utilization of mindfulness and relaxation programs for different workplaces. The evidence from critical review shows those programs reduce employee stress and improving well-being. Mindfulness-based interventions (MBIs) such as MBSR has been recommended by the National Institute for Health and Care Excellence for the prevention and management of stress. Mindfulness has been increasingly utilized in programs designed to improve workplace stress and well-being. Leading information technology, computer, and other "progressive" corporations such as Google, Apple, have been exploring interesting "mindfulness" related practices and interventions to decrease workplace stress by increasing individuals' "mindfulness" and improve focus, concentration, and mental resiliency [41, 39].

The studies also report increases in measures of mindfulness and other various measures of well-being, including empathy and self-compassion. However, it should be noted that there are also several negative findings for MBSR, including no significant improvement in self-reported general mental health [40] and no decrease in perceived stress [39, 38]. One study of workplace MBSR actually reported decreased job sat-

isfaction and increased stress, anxiety, negative emotional symptoms, and negative affect following MBSR [38], in addition to no improvements in life or job satisfaction. This is in line with the results found in this study, i.e., participant's well-being gets improved by boosting self-esteem and psychological enhancement.

6.2 Research Question 2

Recall RQ2: How do those sessions lead to participants' change of their daily perceptions?

This research question was assessed from the five closed questions of the weekly survey.

1. I have felt cheerful and in good spirits.
2. I have felt calm and relaxed.
3. I have felt active and vigorous.
4. I woke up feeling fresh and rested.
5. My daily life has been filled with things that interest me.

Participants select the rating from All the time (10) to At no time (0). The response was qualitatively evaluated. Participants' daily perception of participants increased as the study progressed. Participants show an overall increase in the five closed questions. Overall, the weekly breathing session leads to a positive change in the participant's daily perception and productivity. This finding lines-up with the results from Sjorgen et al [37] experimental study which evaluates participants daily perception which also concludes the breathing practice eliminates stress and got participants more productive.

As mentioned in Chapter 1, there are few studies on how to increase daily perception through breathing. In the seminal work by Penzenstadler [43], which investigates the effects of a neuroplasticity practice, a specific breathing practice, on the attention awareness, well-being, perceived productivity, and self-efficacy of computer workers, it become evident that participants noticing changes in their perception of sensations, breathing, and the body. The changes in the daily perceptions of the participants were both in the body and motivation to put a higher grade in their day-to-day life.

It is recommended that more detailed studies be conducted combined with the current study to gain an understanding of how breathing leading to daily perception overtime. With the present research activities, we hope we can contribute towards the higher well-being of software engineers while enhancing the amount and quality of their job outputs.

6.3 Research Question 3

Recall RQ3: How do the breathing sessions have an impact on personal creativity?

To answer this research question the main theme called personal creativity had been identified. According to the current result, the participants have shown significant improvement in their decision-making ability, able to deliver more quality work, and problem-solving abilities since they become part of the breathing session. Furthermore, some participants have approved they have notice improvements in their personal creativity, even though there are some uncertain participants.

Although there is little research on breathing practice effects on creativity, the research by Blades [42] on yoga shows an increased in creativity by reducing stress-related thought patterns. Stress increases invasive and repetitive thoughts, based on self-report. Thus, yoga may increase creativity by reducing intrusive, repetitive thought and by fueling divergent thinking. It must be admitted also the impact on creativity may only be visible over longer periods of time.

6.4 Research Question 4

Recall RQ4: How do the breathing sessions allow participants to focus on their daily tasks?

The breathing practice resulted in the participant to focus their attention on daily tasks. According to the participants, the breathing session allows them to be more focused and reduced their stress level. This is in-line with the study conducted by Penzenstadler [43] which shows participants have felt more relaxed and focused according to the survey gathered.

The mindfulness study performed by Stanford University in Rieken et al. [44] explore the relationship between mindfulness, divergent thinking, and innovation, among engineering students and recent engineering graduates in two studies. the study looks at the impact of 15 minutes mindfulness meditation on divergent thinking performance among 92 engineering students. Before the experiment, all participants completed a questionnaire to measure baseline mindfulness. Then, participants were divided into a treatment group and a control group and asked to complete two divergent thinking tasks (listing alternatives for bricks and designing a retaining wall for a river flood scenario). In the treatment group, the participants were guided through a 15-minute meditation prior to completing the tasks. In the control group, the participants watched a 15-minute video on stress-reduction prior to completing the tasks. In Previous studies have shown that a single meditation can improve idea generation in general student populations. This suggests that that a simple 15-minutes of mindfulness practice may improve originality of ideas, but

perhaps not quantity. Future studies could benefit from including more substantial mindfulness training, beyond a single 15-minute session, to discern if mindfulness practice can increase quantity of ideas in addition to quality of ideas.

6.5 Implications for Practice

The findings of this study will be helpful in assessing the practices of breathing for computer science workers. For instance, we are working in an unstable working style for many reasons and to overcome this situation we need mediation which will help to care for us as a person and reduce economic sustainable risks. Finally, scholars would use the results of the study to further research on the role of conscious breathing to increase work productivity.

6.6 Threats of Validity

In this section, the threats to validity that have been observed during writing this thesis will be discussed.

6.6.1 Construct Validity

To avoid misunderstanding about the interview questions, a short briefing about the objective of the research and the main reason why this interview has conducted was explained to the participants before the interview started. This can allow the participant to share their experience about the breathing session freely when they get interviewed.

6.6.2 Internal Validity

This study was conducted during the COVID-19 global pandemic. This could affect the well-being of the study participants. This could corrupt the data gathered from participants. Additionally, this study was conducted during the wintertime which participants spend more than half a day inside their house.

In addition, participants' previous similar knowledge could affect the evaluation result and subsequently become a source of internal validity threat. The study mainly relies on the interview and survey data entered by participants. Some participants responded only with positive outcomes.

6.6.3 External Validity

External validity examines to what extent the findings are of relevance for other cases. This study was conducted with a focus on computer science users and based on this the results are generalized. To partially mitigate this, the study included non-computer science users in order to extend the study.

6.6.4 Reliability Validity

The number of participants in this study poses a threat to the reliability of the research findings validity. Since the number of participants in the interview is few in number, the reliability of the research might be affected. If the number of participants is increased, a more reliable and wider result can be achieved. So further study is recommended to solve this validity.

7

Conclusion and Future Work

7.1 Conclusion

The main purpose of this master thesis is to describe the effect and benefits of breathing practice on computer science workers (e.g. software developer, analyst, software engineers, IT professionals e.t.c). It consisted of 14 participants (computer science workers and non-computer science workers), which interviewed and wrote journal entries. Research question 1 and 2 were answered from the journal entries whereas research questions 3 and 4 were addressed by the interviewing participants. The outcomes from the study were satisfactory in regards to our research questions.

The findings from the study show a breathing session was a positive influence on their well-being. The breathing session allows the computer science workers to get a relaxed mind and help them to reduce their stress level. In addition, as a result of the breathing session, the participants get to be more productive, creative, more focused on their daily tasks and have improved on their perception. Finally, we can conclude that this breathing session has a positive impact not only on the computer science workers but also on non-computer science workers in general.

The findings of this study will be helpful in assessing the practices of breathing for computer science workers, for instance we are working in an unstable working style for many reasons and to overcome this situation we need meditation which will help to care for us as a person and reduce economic sustainable risks. Finally, scholars would use the results of the study to further research on the role of conscious breathing to increase work productivity.

7.2 Future Work

Several areas of this investigation shall be continued by further research, some of which are detailed below:

- 1) This thesis study was organized during a global pandemic where many participants are working from home. It would be interesting to conduct a similar study in-house at an IT company. This will allow measuring parameters such as work productivity in the office more precisely.

7. Conclusion and Future Work

2) The study is explored with 90 participants in total. However, only 14 population target groups were willing to get interviewed (Computer Science workers & Non-Computer Science workers). It would be interesting to further investigate whether this breathing technique can be implemented for another target group. Furthermore, it needs further study to increase the target population and compare the result with a small population.

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A

Appendix 1

A.1 Interview with Computer Science Workers

Interviewee-1

Rahwa: - Thank you “interviewee1” to be a voluntary for the interview. Could you Please introduce yourself?

Interviewee1: - My name is “interviewee1” I study Software Engineering and in Dolman campus joint program between Chalmers and Gothenburg University. After that, I joined. In “XYZ” company I start as a consultant software developer for “ZYX “company projects.

Rahwa: - Could you please elaborate how your daily work is related with computer?

Interviewee1: Well, I use everyday computer as a software as a software developer. My daily task for notice is just computer.

Rahwa: - How many hours do you spend on computer in a day?

Interviewee1: - A minimum of eight hours.

Rahwa: - Have you get a chances to participate in the breathing session?

Interviewee1: - yes, I had a one session.

Rahwa: - could you please share your reason way you didn’t participate the rest of the breathing session?

Interviewee1: - Yeah, I was a little bit distressing, because of my family situation back at home. I hadn’t had a chance to hear well, we’re about two of my families. So I just stopped because of the stress I had. But the session was really wonderful. And it was really interesting.

Rahwa: - How would you describe your familiarity with breathing techniques before you participate on this study?

Interviewee1: - Frankly, speaking, I hadn't thought such a chance before. I know this. Not to call it breathing session, which is a little bit different to this one. I don't know. Maybe I can just google it later. There is a technique which boosts your skill, especially when you get stressed when you took just a little breathing session by closing your eyes and taking a deep breath inside, which is mostly a practice it by the Mirage University in USA. So, I know that technique, but this bridging session was a new form.

Rahwa:- Okay, nice. Have you ever experienced any problem in the breathing session that you attend?

Interviewee1: - No. I think Everything was smooth except I need to have, some private room and I need to have so mat And yeah, actually needed some preparation.

Rahwa:- What do you believe are the major strengths of the breathing session ?

Interviewee1: - it is absolutely interesting, it boosts your skill it release for your relief. So it was really nice.

Rahwa:- Have you notice any weakness on this breathing session, that should be improved?

Interviewee1:- And maybe synchronization during the breathing session. May be the instructor was instructing us to take 5 or 10 minutes breathing, but I noticed most of them was like interrupting and taking some other tasks in the middle. Starting from myself, sometimes when you get disturbed by something else, you stop the bridging session and they just that was a little bit a weakness I will say but I don't see any really just odd things, from the breathing session.

Rahwa:- even though you participated on One of the breathing sessions, what benefit did you get out of this session? A positive thing that impacts in your daily task?(What have you benefit out of this breathing session that gives a positive impact in daily task?)

Interviewee1:- I will say, at list I have a know-how, for the future, like what types of breathing session I could practice in the future and just made myself relaxed and stress relief techniques. So even though I was not able to complete your whole session, I will say at list i have an introduction.

Rahwa:- Yeah, you said that you are a programmer in a consultant company . So have you noticed any change the time that you have attended the session, have you noticed any change in your in your task that you work in, at work, like in the programming, improvement, maybe it might be, you got to be able to write more cods or something or the way you think? any improvement in the capacity that you have?

Interviewee1:- Yeah, at least, for some days, I was able to do it as a practice the

breathing session during my lunch time. For example, we have always one hour lunchtime. But then when, during my lunch time, sometimes when I get a little bit stressed, and when I have a lots of things to do, I use it to just to take some breathing sessions. So that's really good. And it actually improves your skills or your stress level. So I will say yes.

Rahwa:- So you can make it clear. Are you saying that it helps you to improve in your way of writing coding ?

Interviewee1:- You mean like a when you have a breathing session, for example, during my lunchtime, before lunch, when if I was like a little bit stressed , when I have a lot to do. During my lunchtime, I just take a little breathing session or sleep for just 15 minutes or 10 minutes, during just one hour of my lunchtime. Then when I wake up, everything seems like over. So you boost your skill, your energy. So yeah, I will say there is a little bit improvement in my coding skills.

Rahwa:- Oh, nice. That's what I want to hear. And How do you find an error in a large file with code that you cannot step through? Does the breathing have impact on handling different kinds of code error situations?

Interviewee1:- I'm not quite sure. Actually, when during coding, may be, maybe it could be because they haven't completed all the sessions. But till now I am using my own skills, like how its looks like so code or how is the architecture. I actually, start from the architecture of the system, and the communication between the different modules, and then try to find where the bug is, actually. So, I'm actually working mainly on system testing. And during system testing, you have a lot of things like starting from capturing the packages. So you just tell us, it's from where from which party sends a packages and where is it's dropped, actually. So that is what I'm using now, like my older skills, like troubleshooting, package drops, technic.

Rahwa:- So I have a question that goes with that. So have you noticed any way of changing the way you capture bugs or errors in the code? After you do breathing session? Do you become more effective to solve the errors and find the bugs than before, or it's the same?

Interviewee1:- it is not the same like, from the instructor, we had lots of techniques like, take a little bit deep thinking technique. like sometimes when I get a little bit tired, I just stand up and look outside of the door or outside of the window. and take some time to think about it standing like or just while you're relaxing, you think about what it could be, or where's my fault. So yeah, it's helpful, actually. So the breathing session was like, it was not only by closing our eyes, or by sleeping, or doing some other exercise. but you can also have different techniques like a may take when you get dehydrated particulars of water and take little bits break. So it was us taking a case action.

Rahwa:- So this helps you in improving your way of ability to find bugs in your

programming?

Interviewee1:- Yes. When you just relax, you get a little bit to think deeper. When you think a little bit to deep you understand where your fault is actual. So just how I just made with this one. So as you come back and sit and try that one, so yeah, at least you move forward a little bit.

Rahwa: That's good, so does the breathing have impact on your creativity?

Interviewee1:- Positive, I will say, positive creativity skills. At least what techniques to test or techniques to try out.

Rahwa:-so does the breathing session enhance creativity and innovation?

Interviewee1:- I mean like , the breathing session is like a sport. I will say in a short, when you take a sport, like you're relaxing yourself, you're just getting out of the stress zone. So when you're out of this stressing zone, you have a lot to think about and a lot to try out. At that time just your skill boosts a little bit. So that's like, I will now describe the breathing session is like a sport. So yeah.

Rahwa:- So the last question is, do you have any following comments, ideas or suggestions about the breathing session , or the breathing techniques that we use? Because there are a lot of beathing techniques? So this one is specifically like, yoga is one part of relaxation? Yes. This breathing session is another part of relaxation. So if you have any comments based on that one?(Do you have any following comments? Ideas? Suggestions?)

Interviewee1:- yeah, may be the time it will be just good , If we can perhaps like this breathing session could be more productive. Like, is it good like to take it in the middle of a work or is it good to take after work, or is it's good to take before the work? Maybe the timing is Just I need to try it out or maybe this could be something that should be explored a little bit. I will say.

Rahwa:- Thank you so much for your time. It was so nice to meet you and to hear your feedback about the breeding session.

Interviewee1:- your welcome.

Interviewee-2

Rahwa:- Thank you for coming for this interview. please introduce yourself first.

Interviewee2:- I am "Interviewee2". So basically now I am doing my master's program in the department of software engineering at the University of Gothenburg. So right now I'm doing a part time job. And besides I'm doing my master's studies. So actually, my thesis is remaining.

Rahwa:- okay, could you please elaborate how you tell you work is related with computer?

Interviewee2:- Yeah, actually, as I am a software engineer, so and I'm doing my master's program in software engineering. So basically, every day I am connected with the computers. So basically, though, I'm doing my job right now. But, but after my job, I just concerned to my studies. So that's why I'm connecting with computers right now.

Rahwa:- So, How many hours do you spend on computer in a day?

Interviewee2:- Actually, it depends. It depends. In my free time, I spend almost like 12 to 14 hours and when I'm busy. Then I spend like 6 to 8 hours every day.

Rahwa:- Have you get a chances to participate in the breathing session?

Interviewee2:- I yes, I registered for the breathing session. But I did not participate in all of the sessions. So I participated in maybe one or two lectures, no, no ,no for lectures I joined the breathing sessions. So basically, it was nice.

Rahwa:- So what's the main reason that you didn't participate in the rest of the session?

Interviewee2:- I did not have time to participate in the session because of my time limitations. And in that time, I had job and sometimes I joined in the sessions through in the middle of my job. So it's basically it's actually harder, it was actually hard for me to join the session, but very recently my father passed away. So, in the in that time, I did not manage to get time to join in the session.

Rahwa:- sorry for your loss. So, how would you describe your familiarity with a breathing technique before you participate on the study? Do you had a know How about it?

Interviewee2:- basically, I studied about this one like I studied I reviewed some video of Brigit. So, from this session, I learned that may be it will be helpful for as a computer workers if I join in the session. Through the session I may be I might I it is possible to learn something from her and braiding techniques as well. So basically previous I had no experience with this one, but after the session I just familiar with the session, with these techniques? So these actually totally new for me.

Rahwa:- Okay, so have you encountered any problem in the breathing session that you attend? Do you do you like it or dislike it? Interviewee2:- Yeah, in the breathing session. I liked some of the parts of the videos but sometimes it's actually so much boring. I feel so much boring because sometime she played some music, like sometimes it makes it bord for me. So otherwise the session was good.

Rahwa:- Okay, What do you believe are the major strengths and weaknesses of each of breathing session? Interviewee2:- the main strength is this actually from the session, 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? So, is actually yeah, I learned some ways from the session breathing session. So actually helpful for me.

Rahwa:- Okay What have you benefit out of this breathing session that gives a positive impact in daily task?

Interviewee2:- Actually, from the breathing session, I learned how to relax myself. So from this session, I learned many techniques from like some breathing techniques. So, in which way I followed this way, then it will be it will like a relaxed me, it will relax me and otherwise I feel relaxed and I can concentrate in that new things and my brain will work fine than before. So by this way, I just get benefit from this session.

Rahwa:- As a software engineer how is your decision making on your day-to-day task? Have you notice any improvement in your decision making since you have been part of the breathing session?

Interviewee2:- Yeah, yeah, this session helps help me a lot to make a decision quickly.

Rahwa:- Does your daily work include writing programming?

Interviewee2:- right now, it is not is my daily program. So yeah, it's like every three days in every three days one time so it's actually doing another job as well. So it's really hard for me.

Rahwa:- so you are not working most of your time in programming or interesting?

Interviewee2:- yes!

Rahwa:- Does the breathing have impact on your creativity?

Interviewee2:- yes, definitely. 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, maybe Yeah.

Rahwa:- Do you have any following comments? Ideas? Suggestions?

Interviewee2:- No, I actually I didn't have to add any comments.

Rahwa:- Thank you so much for your first participation and for your time.

Interviewee-3

Rahwa:- Thank you for coming for this interview. please introduce yourself first.

Interviewee3:- Hello, my name is Interviewee2. And I'm a software quality assurance engineer. Also you can say software tester, software testing, I completed my bachelor's degree from "XYZ" university . And now I am working on a private company in "XXY".

Rahwa:- okay thank you, could you please elaborate how your daily work is related with computer?

Interviewee3:- As a software engineer fully depends on computer or mobile or any tech related devices actualy. So while testing or for developing, I need to sit on in front of a computer and work on that either computer or either mobile. So in a daily basis, my job is to work nine to five, so that during that time, I need to sit in front of my computer and work on that no matter what I'm doing. I have to be there always working on computer. After that, Maybe I have some other priorities, which also depends on computer or who is also done by computer or mobile. So typically is a say, It's very related and related to computer or any other electronic device my whole day.

Rahwa:- So, How many hours do you spend on computer at average in day(per day) ?

Interviewee3:- It's just almost 14 hours. Probably I am staying with either on my computer or on my mobile.

Rahwa:- Have you get a chances to participate in the breathing session?

Interviewee3:- actually I'm very unfortunate so that I couldn't join so much because of time zone and My other priorities? I tried to join a few of them first. but I actually didn't continue.

Rahwa:- .Okay so, how would you describe your familiarity with a breathing techniRahwa before you participate on the study?

Interviewee3:- Actually, before this briefing session, I tried several other techniRahwas. Probably, you can call it meditation. I do practice some of them. These, I think these are kind of some these are similar categories, breathing and technical measures. And I see that as I go through the emails and and context that I got from a couple of videos. So previously, I tried meditation. I'm continuing with that. So these are similar than I think, yes, this is this is really important. And this increased productivity.

Rahwa:- Okay, so have you encountered any problem in the breathing session that you attend? Do you do you like it or dislike it?

Interviewee3:- I just attend actually a couple of initial videos, and I really didn't find any problem that can be mention.

Rahwa:- Okay, What do you believe are the major strengths and weaknesses of each of breathing session?

Interviewee3:- What I feel is when you can, when you can control your mind, when you can control your mind, you can focus on what you're doing. And by this way, your productivity can increase. So breathing session is helping to control by helping to understand yourself better, and control your mind. So I think this is the positive things are working session.

Rahwa:- Okay, so do you like or dislike the sessions that have attended?

Interviewee3: sessions are good in one way. But as like you said, sometimes boring, and especially the time here in Bangladesh, as I said, some difference? Certainly, not everyone likes to watch the video with full concentration. So this is can be sometimes boring, but most of things are very informative, and very helpful. So mostly like it, I like it.

Rahwa:- Okay What have you benefit out of this breathing session that gives a positive impact in daily task?

Interviewee3 :- as I earlier mentioned, I tried some meditation from earlier. 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.

Rahwa:- As a software developer how is your decision making on your day-to-day task? Have you notice any improvement in your decision making since you have been part of the breathing session?

Interviewee3:- for every software engineer, decision making is fulfilled. While it's either there will be no testing or any other role in software engineering, we need to as my perspective on sing as quality assurance engineer, we need to ensure this, there is a part that can affect other users. So I need to confirm this bug, I need to find out this bug, I need to reproduce and report to the developer. So either so if I'm confused if I got confused about this part, and because I'm not sure about this one, but I can't reproduce it or I can report it. So if this hesitation exists, then it can be effecting not only software developers, but also the product that are available in market. So a single decision can change or a single decision can impact the whole business process. So decision making is very important for everyone in software technology, and I think breathing techniRahwa or meditation, the decision making can be increased.

Rahwa:- Does your daily work include writing programming?

Interviewee3 :- Not really. I loved writing programs I just so to finally find out that was a manual testing process.

Rahwa :- as quality assurance engineer, How do you find an error in a large file with code that you cannot step through?

Interviewee3:- accurately I'm not directly involved with their work. I'm not responsible, I'm not responsible for finding the errors in code. I'm responsible for finding your bug that can be damaged full for the product. I'm not responsible for the code, but I'm responsible for the product. So I tried several testing methods are known as manual testing and some other automation tools that are used for finding.

Rahwa:- Does your daily work involved with testing? if yes, have you noted any improvement in the number of bugs you fix?

Interviewee3:- Actually, um, as I say, I'm not responsible for fixing, but I'm responsible for finding. And I surely can say, improve my quality to attention. To give my attention, in more details, so that I can find more bugs out and explore more, explore more means explore moments that you can find more bugs, so it helps me to capability improves my capability ability to find more bugs.

Rahwa:- Does the breathing have impact on your creativity?

Interviewee3:- Actually, I don't think so this particular session, that much impact in creativity. But gradually, I think that if I continue this, or if I would attend more sessions, it could be already probably can help me to be more creative. I don't think a couple of days a couple of session can help that much.

Rahwa:- So, do you have any following comments, ideas or suggestions before end in this interview?

Interviewee3:- my comments is very specific actually, if this breathing session meant to be for global participant, I think there should be some improvement in the time. If they can consider several time zones or equity participant if as money if this session have 100% which from which time zone most of them are available there, then it can be tempting to sit with balancing time. These are the only thing I can say.

Rahwa:- Thank you Interviewee3, for your time and for everything.

Interviewee-4

Rahwa:- Thank you for coming for this interview. Please can you introduce yourself first.

Interviewee4:- Hi, my name is Interviewee4 . I am student at University of Gothen-

burg master's program in Software Engineering and Management. Rahwa:- Rahwa:- okay, could you please elaborate how you tell you work is related with computer?

Interviewee4:- Like I have said, I'm studying on Software Engineering and Management. So I'm spending almost more than eight hour on the computer. So my daily activity are depending on my computer.

Rahwa:- Ok. So the maximum hour that you spent daily is how much?

Interviewee4:- 8 hours.

Rahwa:-ok good, Have you get a chances to participate in the breathing session?

Interviewee4:- Not the direct zoom session, like the records that have be sending on the email. Like I was trying to see some videos and music, the link that we received via the email, but not the direct session.

Rahwa:- Okay, Have you practice the breathing session in the videos? Have you got a chance to practice?

Interviewee4:- I don't know if it's practicing or like listening, but I can only say that I have listened. Those music's or those videos. That I don't think if it's that's practicing or not?

Rahwa:- So what's the main reason that you didn't participate in the rest of the session?

Interviewee4:- Like almost all days Monday to Friday, I am on the like lecture and group meeting on almost all the respect I spent on this activities. That's why I did not have that to the chance to attend a direct session on the zoom session.

Rahwa:-Thank you for your time.

Interviewee-5

Rahwa:- Please can you introduce yourself (Education, Occupation Country of residence).

Interviewee 5:- My name is Interviewee-2. I did a master's degree in computer science or in software engineering most specially. And then I worked in seven, eight years in IT consulting. I mean, before something similar, but then definitely seven years in IT consulting. And my country. I'm coming from Colombia, but I live in Germany since 11 years.

Rahwa:- Could you please elaborate how your daily work is related with computers?

Interviewee 5:-And yeah, basically, I start my day with a meeting and I end my day with a meeting. So usually, it's back to back meeting. But meetings, especially after the Corona, but in generally, my productivity is measured by kind of the amount of meetings that I have and working between in front of the computer all the time. because I either need to document stuff, or I need to, yeah, it's all about collaboration in the team. So we have different tools to exchange whatever knowledge or concept or to have a common understanding. So I basically use it for work at least 8 hours a day.

Rahwa:- How many hours do you on average spend on a computer in a day?

Interviewee 5:- Yeah, I mean, let's say that when we had the personal meetings, then of course, we set the computer aside before the corona wanted two hours, the rest was in front of a computer. In during Corona, it's eight hours at least because we of course need the home and I mean, video calling or any other collaboration thing if I'm doing offline work amounts in front of computers. And yeah, since last year is an average 8 hours, it can be 9 or 10, depending on the day.

Rahwa:- Have you had a chance to participate in the breathing sessions? If yes, how many sessions have you attended?

Interviewee 5:- I think I only did one live. And afterwards because it was in a different time zone I watched recorded. I prefer to took like time after work, because otherwise it was like, in the middle of the day for me. And I prefer to use the recording once after I had to actually relax, let's say, so I could do the breathing exercises. And then I could relax.

I did the first session it's included I think it was 12 weeks and then 12 recording at the beginning. but at the beginning, it was very hard for me to really understand I mean, not understand that to integrate the whole breathing in my daily practice, because they I also found it difficult. The technique I was not so used, I used to breathe from my chest. So getting used to that one was kind of hard. I was doing a lot of journaling though and then having like my starting point with the meditation, I really like to see the benefits otherwise before I always fall asleep. And then I did the first like round and I took part of it because Birgit invited me. And the second one I mean, I asked her if I could to take it a second time. Because I could not observe that I was not like integrating all the things at the first time and then the second was much easier.

I watch the eight. I could say I, of course, like a bit more of the theory that I have heard from the first one. And then a, I think that was always the meditation audio. So I use that one, for example. And I only, I tried to run a repeat the breathing part, like that was guided. And then yeah, I kind of knew the previous session. So I didn't watch the whole video, I escaped. I mean, I skipped the parts that I knew. And I also only hear it more than watching. I heard a for the breathing exercise. And, yeah, it kind of took us a short look into the work slides that we had, on a workbook that she posted.

Rahwa:- What is the main reason you didn't participate in all sessions? What got in the way?

Interviewee 5:- Because it was in a different time zone I watched recorded. I prefer to took like time after work, because otherwise it was like, in the middle of the day for me. And I prefer to use the recording once after I had to actually relax, let's say, so I could do the breathing exercises. And then I could relax.

Rahwa:- How would you describe your familiarity with breathing techniques before you participated in this study?

Interviewee 5:- Almost zero I will say. I mean, I've heard that from some other kind of a sport classes, you should be able to breathe in one or another way. Also from singing lessons, they also tell you to please breathe from there. And the frog man, and you have some certain techniques, but I mentioned I wasn't really like, able to repeat it all. It did somehow and I just did not pay attention. So this was my like, my first conscious approach, there was a breathing technique. And also to understand what was the what was the meaning of it. It was just not, I don't know, I think for singing or some other kind of a special activity.

Rahwa:- Have you ever experienced any problems in the breathing session? Do you like or dislike the breathing session?

Interviewee 5:- I did not like that. I couldn't do it. So I was like, I mean, often I realized that I that I was not able to do the exercises, what they were supposed to. sometimes I also was not focused enough. So you know, you'll get a little distracted but altogether I did like it. I think it was easier for me to, to watch it the not to watch to strap the part of the of the guidance. Exercise later on Otherwise, a one and a half was could also be extensive. But altogether, I really like it.

Rahwa:- From your point of view, what are the major strengths and weakness of the breathing sessions?

Interviewee 5:- I think the biggest Let's start with the weaknesses and I think we don't have the correct it depends. I mean, the second time was easier, but usually it's about the setup. Like you really need ideally, silence and like you know, relaxed place and I don't know how you can work afterwards. If someone will correct you or you will be in a room with some other people doing the exercise probably you will get some more and less distracted. The strengths see the benefits afterwards, I could feel more I would not say could be able to code better, but altogether. I wasn't getting so reactive to situations. I don't know if you're like in a difficult conversation or you're discussing about the topics or something 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. And I could we could like move back to once the back and then say Okay, it's time to relax and then I can do it, try to do it in another in a different way, like, coming I don't know, finding the correct more sorts

of finding a find out that when I'm stressed, they tend to speak faster. And the way I mean, because you're speaking faster, then you tend to breed more often. And that doesn't help you be present immediately your positives also higher, and then it is like a supervisor, circle. And then you get more and more impatient answers. So if you realize that you're speaking, or I when I realized that I'm speaking fast, and I prefer to, okay, take some deep breaths, and then you know, the heart beat is also slower, then you take the take the time called picking the right sentence. And to think before you talk. Yeah, I could, I could see that.

Rahwa:- What have you benefitted from the breathing practice? What positive impacts do you notice in your daily tasks?

Interviewee 5:- And in my daily tasks, I mean, apart from what, what I just told you that I'm able to observe myself better at a specific point in time, I think I was never a stress eater, to be honest, but it's difficult if you're working from home or to you know, web stuff, but I did not have that feeling. For example, even when, I mean, I could just like regulate whenever I was going to eat able to drink more water as well, because when i was really stressed, I did not have enough time to like they did not gave me enough time to stay hydrated. There was some other something that you mentioned often.

A will not always that is because of the breeding, but altogether with the with like journaling that when you have bad day, and the next day was, I mean, it was easier to kind of forget about the things. Like you know, you have this very stressful bad day, and then you just turn off the computer, and then they can also relax, that was some relief, to say that the next day was another day and dragging into the next work, working tasks. This is kind of bad mood that you can have a really good feel. I think I was I could communicate, clearly and that is some thing that I just notice that I am not so sure what that is because we're the breathing exercises also because of the of the hints that you gave us in the beginning of the session. like okay how to get feedback for example, then feedbacks about this and that and this, or how would you imagine yourself in a strength pose? How would you also prioritize I mean, not over commit all the time, and all these kind of tricks help me in my daily work. Yeah, I think it was the whole program, I would not immediately attached only to the breathing. It was like the breathing with the tips with the observing with writing. because you also had to realize, like, how was your day? And then you have to measure it. Yeah.

And I find that session, all I mean, like in one life, a bit too long. Which was a bit sad, because of I mean, you couldn't go really deep into all of the tricks, that the part was too short for me. But then if you if you just pull the breathing session, plus the relaxing time afterwards, it would be too long. I don't know if it's quitting, that would be a better option. I think in a present environment. Afterwards, that might not feel that long. But online, since you're all the time in front of the computer, there was like, one extra one and a half hours that you kind of needed to dedicate to be informed. Yeah, that was that's, that's a bit long, therefore.

Rahwa:- As [interviewee occupation] how is your decision making in your day-to-day

task? Have you noticed any improvement in your decision making since you have been part of the breathing sessions? If so, could you give examples?

Interviewee 5:- The decision making was always it depends on I mean, we have like these daily tasks, where you also need to guide a team. And then the team needs like some direction, and that happens a bit on the fly. Maybe it has become a bit of experience that you're able to take like decisions in a kind of plus way. But all together my decision making process I think a more objective, it's become more I can observe better. And embrace have their own little observations, I can also like, arrange my thoughts easier and then make a decision.

The breathing sessions helps me to have less things in my head, and then only struck the relevant information. Lately, there was this I mean, if you ask me for example, like interviews and breathing sessions like in my daily routine definitely the meditation that was something that I did every night, and then the breathing once or twice a week. I mean, I tried to do the meditation, but it was I concentrated more on the guided part. And then what I noticed was that I was not having a cluttered space of thoughts. Because, like a couple of weeks ago I was not doing any longer the breathing and also in the meditation though, but there was this week very, very stressful. But I started like to, could not organize the parts very easily and then somebody told me like, Okay, let me help you organize and then we would come to a decision. because it was also a kind of decision making process like what to do with the specific project. On those days, I was able to leave out what was irrelevant or just not get to I would not like to say panic. But you know, like, you have the so many things in your head that you don't know where to how to priorities everything and then give it give it the relevant weight. So that when you sum up all the factors, you end up in one or the other conclusion. Yeah, so I think all the breathing helped me to, to just stayed more objective.

Rahwa:- What is the most significant change you have noticed in your work since you have been part of the breathing sessions, if any? If so, could you name some concrete examples or occasions where this played out?

Interviewee 5:- Being able to take distances. Like you sometimes this whole issue, you need to take some distance to absorb it like from a more bigger picture. And then being able to just like leave the problem of it aside take some distance watch it from another angle. And then we've probably similar to the bugs you'll find other solutions. You are defining more alternatives because you're able to just leave it aside for a while And finish some other stuff. Also finishing, I think that was also important. Sometimes they tend to start a lot of things and they get distracted and don't finish it. And then before that I took them offline time or like very focused time on doing okay. this is like the hour that I will need for to start this and finish this and I turn off everything, all the rest of it, stop multitasking, they try it, it's hard, they still do it a lot. But I observed that when I was a applying the tricks with the multitasking, or like taking some distance watching it from a different angle, maybe go through it the next day, talk with someone about it. That helps you find more alternatives.

Rahwa:- Have you noticed any improvement in your problem-solving ability at work since you participated in the breathing sessions?

Interviewee 5:- Yes, yes, it's less. And we're open to work for ideas to come. I'm not always in the same box.

Rahwa:- Have you noticed any improvement in the amount or quality of work/task you deliver? It might be per day or month, since you have been part of the breathing sessions? If not in the amount, have you noticed any improvement in quality?

Interviewee 5:- It's a more effective I sometimes you take this I prefer now to take a pause and to say okay, I do 15 minutes meditation if it's just a minute, the breathing or 15 minutes, nap or 15 something and continue working then just doing it straight and then giving up at this point. So a really think it's more efficient, like it can be recognized when I'm stuck no rabbit hole. And I just play something that helps depending on the on the occasion, or maybe change the task for a while. 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. So it also reduces my I'm not so tired at the end of the day. I mean I achieved really good outcome. But I'm don't feel physically as tired as before for the same amount of Yeah, for the same measure how you will make the impact that you had at the end.

Rahwa:-Do you notice any change in the deliverability of the work (productivity) since you start attending the breathing sessions?

Interviewee 5:- Yes. It's better to start in a more clear ending of something. So I started a focus I do it I finish, and then it's over. Even if it needs a couple of iterations. But it's a clear cut mentally for me, because it helps me to start accumulating and start finishing and starting.

Rahwa:- Have you noticed any positive or negative impacts of the breathing on handling problems easily?

Interviewee 5:- On handling problems easily. 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. I don't know if because of that I've become more even more solution oriented. So it's kind of nice to have an end and an ending time. It's not like only we will talk about it. And the next day, we will talk about and the today off , and then will we talk about it, it's like, okay, let's come to a conclusion. And could be a negative or positive thing, depending on how you see it. But what solution oriented.

Rahwa:- Does the breathing have impact on your perceived creativity? If yes, how so?

Interviewee 5:- Yes, it has and I wouldn't have a specific example. And but it's just the idea. Yeah, okay, maybe something. When we are discussing a topic in a team, or in the team but this is just talking about the topic where you will find a final or concrete answer is something like I don't know, how should we improve collaboration the team? You know, it's a very, very open question. Then you will not have a yes or no or like the technical perfect solution, but I am will participate if I'm engaged in a Yeah, I think that this creativity that has increased my creativity because it's just more willing to contribute to the discourse or ideas and then build on top of what the other say.

Rahwa:- Have you noticed any change in general for example enhancement/or diminution in creativity and innovation?

Interviewee 5:- Depends on the topic. 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 priorities that as well in my life. It is not work related, that I also when I also take them for this example by doing meditation every time every day and that you investigate or read more so it also helps me in a way because it can take lessons from some other disciplines and included in my daily life. It can be totally unrelated but just eating healthy stuff or stop eating very heavy stuff in the evening. For example I was in order to tray to sleep because it was a heavy dinner. So I just don't do that anymore. But as those because you're, you're kind of reading more and then maybe innovate Okay, what will be the best proportion of water or I don't know, a hydration or law that I have. And altogether that brings me to be more I don't have a better energy level at work as well. So it's a good balance.

Rahwa:- Is there any experience or impact that you would like to share that I haven't asked you about yet?

Interviewee 5:- I there was some session from brigade and I noticed that I have not really seen it work a lot on this. But there is the fact of being present do what you're doing. I find myself often after an hour for example, you just close the door, and then you don't remember how did I even looked or did they not looked it. And you know just by the fact that you're being more present, and you also can enjoy more going out. Really breathe like, inhale, exhale, feel like a I don't know, enjoy more the sun or a have an active listening, that is very difficult. Your while we are talking, I might be thinking okay, what next. So this is a that has improved, it still needs a lot of exercise. But that's something that I would like to share that I think that has helped me or given me more tools to remember, remind myself to stay just present.

Rahwa:- Do you have any further comments for the breathing session? Ideas? Suggestions?

Interviewee 5:- I really like the guided part, I would prefer having. I even bought like some kind of program to have several days, meditations once a week, once a day. So this is the first thing I do in the morning. And I really like when I mean, when I hear the sounds on one side, and know that this will be a lot of work. But instead of the long session of one hour, if we'll have it's more than 15 sessions every day that are recorded. And it will help my routine better. It doesn't need to be this case for everyone. But I think it's this year or so to allocate the time. And I really want to optimal do the meditation I don't want to immediately wrong and turn on the computer, I just want to get a tea calm like give myself some time to a come into the working mode and then start.

Rahwa:- Have you continued using the breathing practice in specific situations, or regularly?

Interviewee 5:- In a different technique. But I do every Tuesday A friend of mine is doing this, this kind of sound sessions with breathing. She does prana breathing I think it is different so, it's like you inhale forward and you hold it and then you exhale longer some things like that. But she guides it all the time. So this is something I mean I just do it as she says because she guides it and although this is a different technique, she's she doesn't change the or she doesn't exchange bring from the from the belly from the chest. She does it all on one. But I think I've been trying to keep the routine at least with breathing. So definitely every Tuesday we have 45 minute session. And if I can do another session the past the same the topic but it's in English on Thursday then I tried to do it and I feel that that's like a perfect day to in my other perfect way to end my day.

Rahwa:- Would you recommend it to a friend or colleague who is affected by stress?

Interviewee 5:-Yeah, I already did. I don't know if they were registered and but many of them are saying that because of The Corona they were having, and some kind of health issues as well. So they don't know the sugar went up or they simply fat percentage proportion and, so I recommended that to them. And I will definitely do but I don't know if they registered or not they did not. They will mainly colleagues. So I did want to be as pushy if they don't find the same motivation. And but thinking could really help them release this stress.

Rahwa:-Thank you for sharing your experience and for give me your time again .

Interviewee-6

Rahwa:- Please can you introduce yourself (Education, Occupation Country of residence)?

Interviewee 6:- My name is Interviewee-6. I'm a computer scientist just graduated with my PhD to Berlin and Germany.

Rahwa:- Could you please elaborate how your daily work is related with computers?

Interviewee 6:- Well, I'm a computer scientist. So all I do is working on computers. Most of the time, if I find the time to do something with this hardware, I like to solve it a bit. Because always sitting just in front of a computer just having a keyboard is a bit boring. But yeah.

Rahwa:- How many hours do you on average spend on a computer in a day?

Interviewee 6:- Should be eight hours upwards. Because I also spend some time in my free time computer Okay.

Rahwa:- Have you had a chance to participate in the breathing sessions? If yes, how many sessions have you attended?

Interviewee 6:- I have attended every single one. I guess maybe I missed one. Okay, I have tended regularity.

Rahwa:- What is the main reason you didn't participate in onel sessions? What got in the way?

Interviewee 6:- I'm not sure if I missed that one week I guess I had another appointment.

Rahwa:- How would you describe your familiarity with breathing techniques before you participated in this study?

Interviewee 6:- Have not done this breathing exercise before I did learn others in the course of how to speak properly. And you also learn a bit about breathing. Yeah, this one I have never done before.

Rahwa:- Have you ever experienced any problems in the breathing session? Do you like or dislike the breathing session?

Interviewee 6:- Let's start maybe with this the liking and I like it a lot. I found let first of all the very first session was very intense for me. I did not see that coming because well the central feeling in your hands and your body how the your heaviness starts to collect it feels like all of my mass on my heaviness collects at the bottom. So at the back when I'm laying down so, that was quite intense for me the very first time. And yeah, it took me took me a while to recover sounds so bad to get up to normal after that, I was a bit exhausted .After the first time which but so when doing that over time I got used to that and was better able to control that. But yeah, I liked I liked it a lot. I did have problems especially at the beginning. I tended to breath too quickly, which costs by which intensify this feeling. but then let to this tickling in your in your fingers to be about one time even two days after that, which was definitely not Okay, so that was probably in Borderlands two hyperventilation.

So I've noticed that I had to slow down but yeah was the progress of the of the course I managed to feel that better and know when I can breath faster or slower, to have an acceptable level of sickliness.

Rahwa:- From your point of view, what are the major strengths and weakness of the breathing sessions?

Interviewee 6:- Well, I like that it's combined with some topic always at the beginning. So it's not just the breathing, right It's also the talking about all the different aspects of time and how you see the world. How you connect with others. So that was a good combination, I like that. And what I found very valuable is that it was live with others. Sure, I could have listened to the records, kind of having the feeling that currently 40 other people all around the world are lying down and doing that exercise with you. That actually was really nice. And also hearing about others, that they have similar problems, It's always nice to share. Yeah, that's, that's what I like about it. I find Brigit is very sensible person. She sometimes is borderline is a turret. She never really crosses back, which would be a no go for me. But sometimes it was more or less where I actually asked her about why is she creating the arch angels? Which I found a bit weird. And I actually know from one colleague who got scared away by that. Well, to be fair, this topic is easily scared away by that. But yeah, that was more of a scene. That's maybe one of the critic points or what have.

Because otherwise she says, she always said things that make sense. She maybe uses a wording that that is a bit unusual for scientists. But I never had the feeling that she was completely off scientific grounds. And the things she says were very reasonable. That's why I was confused by this one thing, which kind of was weird. Also on the other things, right, reading the, the animals, the directions, that's very helpful for just finding your place coming down, cheek where you are, where everything around us, yourself, is. That all makes sense. Even if it maybe seems a bit weird at the beginning if you're not used to something like that. But it makes sense.

Rahwa:- What have you benefitted from the breathing practice? What positive impacts do you notice in your daily tasks?

Interviewee 6:- It's locked me down and gave me time to reflect on what I'm doing, on what my goals are, and how I've found myself in the world. And that having that every week, I found very helpful. I actually had the I know that it is helpful. I've tried that before all the time. Having one day in the week where you spent I don't know at least an hour also coming down and stop the ever running stream of thoughts in your head and try to try to reflect and come down. So that was very helpful for me to have this one point and in the week that I was able to stop every thing around me. And that helped me over the course of the weekend was being more focused, and less stressed. 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.

Rahwa:- As [interviewee occupation] how is your decision making in your day-to-day task? Have you noticed any improvement in your decision making since you have been part of the breathing sessions? If so, could you give examples?

Interviewee 6:- Well, I have never had too much problems with decision making. I am rather good at that. But I'm very bad at saying No. Deciding against something new, something that would be possible. Which I guess I have improved over the past months, just recently I saw about applying for another program. Which I guess I would have good chances to participate, which would be very beneficial. But I know that it would be way too much work because I am already covered with work again. So I actively decided no, and not to pursue that opportunity. And yeah, I guess that that helped me they are the course also help me to reflect on what I'm capable of and setting my own boundaries. So at this point, maybe if you see that as a decision process also.

Rahwa:- What is the most significant change you have noticed in your work since you have been part of the breathing sessions, if any? If so, could you name some concrete examples or occasions where this played out?

Interviewee 6:- 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. And the stream of thoughts stops, especially if I'm going for a walk, which I do regularly. I'm much more focused on my surroundings and less within just my own head. And so I've noticed that from time to time, suddenly the stream of thoughts stops, and I'm there and notice everything around me hear and smell everything so it gets more attentive. Not the whole time. I always have to remind myself, sometimes it happens from without me noticing just happens. Yeah, but I guess has been the most significant change of technical which I like.

Rahwa:- Have you noticed any improvement in your problem-solving ability at work since you participated in the breathing sessions?

Interviewee 6:- No, I don't think so. But firstly, because I didn't have so many problems to solve. Well basically just work to get done, but not really complicated, just a lot of effort. And also not so many problems with colleagues also. And I have been following and diplomatic but honest philosophy when dealing with this problems with colleagues or friends, anyhow, so that was good content up not new for me. So didn't improve.

Rahwa:- Have you noticed any improvement in the amount or quality of work/task you deliver? It might be per day or month, since you have been part of the breathing sessions? If not in the amount, have you noticed any improvement in quality?

Interviewee 6:- My efficiency work efficiency or my work output in general, is very fluctuating. I have times where I get within a day done what I don't get done in

other weeks. So that is highly fluctuating. And I have learned over time to know when I am very concentrated and then to use that energy in that focus. And if I know Well, today, I'm not concentrated, then I will not do so much because I know, doesn't work out. And I guess the amplitude of this fluctuation has decreased a little, which is quite good, because I had really low lows, also high highs, but it has evened out a bit since I did the course. which also could be because all I know actually that has nothing to do with me finishing my seasons. I always thought that after finishing my thesis, I would be free. And finally of course that is not true. Again, work Up to you. up yeah, it is more So the fluctuation in my efficiency has reduced. I'm not sure whether that had an influence on the overall output. fluctuations or less.

Rahwa:- Do you notice any change in the deliverability of the work (productivity) since you start attending the breathing sessions?

Interviewee 6:- What's the difference to be a question before? Well, I guess we talked about that before, right? So probably the same answer.

Rahwa:- Have you noticed any positive or negative impacts of the breathing on handling problems easily?

Interviewee 6:- If I handled problems, I maybe don't have to solve them all the time. Well, the increase in attentiveness. I've also noticed notice that when talking to others. So the ideas which Birgit also introduced of really listening, deep listening, I guess she called that and not thinking about what she would like to answer. At first really Listen, only, I've tried that out, which is not so easy. But from time to time I remind myself of doing that. And so that helped me it was worse problems, which mainly private ones. So being better able to listen as a prerequisite to problem solving.

Rahwa:- Does the breathing have impact on your perceived creativity? If yes, how so?

Interviewee 6:- No, I also, before that I have a news very quickly, and rabbit creative, which actually is a problem in combination. If I can't say no. Right, you have a lot of ideas that pop into your head and you want to pursue them all. So I'm happy but this was not priest actually.

Rahwa:- Have you noticed any change in general for example enhancement/or diminution in creativity and innovation?

Interviewee 6:- Again, I don't see where that is different from the one before. So in respect to that, creativity, that has not increased. That has been on a high level for me anyhow. And my problem is not having ideas. My problem is selecting ideas and not pursuing them also. That hasn't changed.

Rahwa:- Is there any experience or impact that you would like to share that I haven't

asked you about yet?

Interviewee 6:- one session, I felt like so I've been interested in Zen for quite some time. And I've been reading some books. And I've tried to include meditation in my daily life, which I have failed so far, all the time. Always works for a couple of days or weeks. But I never managed to get that in my daily life. I still haven't. But during one session, I felt like I understood that maybe more about this concept. 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. And even though that was never mentioned directly, I felt there were some similarities, which I found very helpful for me personally, because that's a topic that I find very interesting.

Rahwa:- Do you have any further comments for the breathing session? Ideas? Suggestions?

Interviewee 6:- Well, I would find it helpful if that would continue on a regular basis. I guess I didn't have the time in the past weeks, but I guess Birgit has changed the platform. Right? And it's now on some I don't know what was it called? Which, I guess I have to get an account first. I don't like to do actually. I like that I just said I have my zoom.

But the problem was, I guess that this was sometimes on a Friday, sometimes on a Sunday. So I haven't been able to again, get regular having met on a regular basis, on my own. And it was good to have a fixed time slot where you just know, Okay, next week, this time I've been Breathing. So this steadiness and continuity I guess would be very helpful. Because at least I haven't been able to integrate the breathing into my regular daily as soon as the sessions done. I thought well, I will do that on my own. And I didn't, which I actually find Kind of, yeah, that's a pity. But again, the daily life directly comes back rushing in. Otherwise, I like it very well.

Rahwa:- Have you continued using the breathing practice in specific situations, or regularly?

Interviewee 6:- Not regularly. I have done that afterwards. Not regularly, actually tried it out during walking. But that didn't work so well.

Rahwa:- Would you recommend it to a friend or colleague who is affected by stress?

Interviewee 6:- Absolutely. I actually wanted to have a bit of a kind of self aid group for my colleagues of very stress, and would definitely recommend that.

Rahwa:- Thank you for sharing your experience and for give me your time again .

Interviewee-7

Rahwa:- Please can you introduce yourself (Education, Occupation Country of res-

idence)?

Interviewee 7:- Okay, So my name is Interviewee-7, 38 years old. I live in the south of Vienna in Austria. I have son is one year old. I am working as a requirements engineer in an IT consulting company. We are a middle sized company with about 300 IT consultants. And we support other companies in digitalization processes. And beside my work, I posted to tatari study in length in the topic of requirements engineering, sustainability and HR software development.

Rahwa:- Could you please elaborate how your daily work is related with computers?

Interviewee 7:- Okay, so I sit in the whole day in front of the computer at work also private. So at back the last years, I was mainly working as a Java developer. So I was coding most of the time. And in my private time, I spent much time in front of the computer with pausing sorta slow internet and computer gaming and such things. And since a couple of months now work as a as a requirements engineer. And now it's less coding stuff, more conceptual work and talking with talking with customers, and all those other stakeholders. Many, many video conferences in the last in the last year have because of the whole Corona story.

Rahwa:- How many hours do you on average spend on a computer in a day?

Interviewee 7:- I think, Monday to Thursday about 12 hours. But in weekend about 5 to 6 hours. So, it's really much I think.

Rahwa:- Have you had a chance to participate in the breathing sessions? If yes, how many sessions have you attended?

Interviewee 7:- I think a total it there was eight sessions. I missed 2 So, I attended 6 sessions.

Rahwa:- What is the main reason you didn't participate in all sessions? What got in the way?

Interviewee 7:- It was because of my scheduled but I don't remember that. I will always say I think we had a appointment at the doctor with our child at one time. On the second time, I really don't remember why I missed it.

Rahwa:- How would you describe your familiarity with breathing techniques before you participated in this study?

Interviewee 7:- Before the study, I don't use breathing techniques That much nearly never, I guess. But the only experience I had before the study was some meditation I made sometimes, not really regularly. But at these meditation sessions, I didn't focus really on the on the breathing techniques. And since the beginning of the study, I really try to do much more of these meditation sessions. And I also focus

totally on this on this breathing techniques that you get Digital's with inhale, test and some questions accelerated And this the same.

Rahwa:- Have you ever experienced any problems in the breathing session? Do you like or dislike the breathing session?

Interviewee 7:- I like it very much that I really enjoyed it. It was so a good feeling after the one and a half hour that I was really looking forward. Immediately after the session to the next session, and the following weekend, So I was really excited about it. The only problem that I had was that I'm not used to lay on the floor for such a long time. I usually meditate in the sitting position on my knees. Yeah, the laying was not that comforting for me in the beginning, but I asked Brigit I think, at the start sessions, for some tips that will help then. Also I tried a yoga position I don't know how this code, but it really helped me.

Rahwa:- From your point of view, what are the major strengths and weakness of the breathing sessions?

Interviewee 7:- The main strengths, I think is that It helps to focus to get focused, because of the it's rhythm and repeating this technique for a long time, for 10 to 20 minutes or even longer. It helps to Yeah, get on the line and to focus and to put other thoughts away from me, also that that will help me weaknesses. Actually, I don't know any, any weaknesses.

Rahwa:- What have you benefitted from the breathing practice? What positive impacts do you notice in your daily tasks?

Interviewee 7:- Actually, I think it's really hard to move to this the positive things of the meditation, breathing techniques to put it in my daily work life, yeah. So I think a profit most often after the sessions after, so, at the moment I'm not very regularly but more or less made meditation sessions are in the very beginning of the day. And I have a good feeling about that, but it isn't so that it is helpful over the over the whole day. That's a little bit a difficult for me. I had the idea to have some sticky notes on the tests that reminds me about breathing techniques or short breaks to take but to be honest, I tried the sticky notes but they stressed me a little bit. So the consequence was that remove the sticky notes and that I don't use the breathing techniques over the over the day.

So overall absolutely, I'm feeling definitely more happy since this 8 week study. And I really took much positive things out of it. For example, there was a one week was about the energies as energizing topic and also about the breakfast, how important it is and such things and we also take more focus calls me and my wife on such topics yet and also try to take some of take more time for having a walk outside or something like that. So I think it's more balanced since the beginning of the of the study than it is before. It was very had positive impact during this 8 weeks. So it helps a little bit after the study ends. but it's still there are still positive impacts.

Rahwa:- As [interviewee occupation] how is your decision making in your day-to-day task? Have you noticed any improvement in your decision making since you have been part of the breathing sessions? If so, could you give examples?

Interviewee 7:- I think it helps because 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.

And I already had some sort of awareness in my daily life before they started. So often try to try to focus on peer aware about the things that happens around me. But things the study, finally, I can during this eight weeks really help to be more aware or to be more pleasant.

Rahwa:- What is the most significant change you have noticed in your work since you have been part of the breathing sessions, if any? If so, could you name some concrete examples or occasions where this played out?

Interviewee 7:- In my work, 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 smart-phone. Now do that less than before, and really try to focus. It's not always better, better to focus more on the opponent, and to really, to really understand what he's talking and don't get distracted.

Rahwa:- Have you noticed any improvement in your problem-solving ability at work since you participated in the breathing sessions?

Interviewee 7:- Don't think that I improved my problem solving techniques that much because I was always as a all the way before. Very, I think relatively good in problem solving as a software developer and I also started mathematics before. so this is really my topic the problem solving. And to be honest, the breathing techniques didn't improve that much I think.

Rahwa:- Have you noticed any improvement in the amount or quality of work/task you deliver? It might be per day or month, since you have been part of the breathing sessions? If not in the amount, have you noticed any improvement in quality?

Interviewee 7:- It's not that much that I have to deliver actually so that I had that I have an artefact and to deliver it. And someone can talk about it, if it's better before the study but I think overall, as I said before, I am more focused in video meetings are such things. yeah. I think that I'm improvement on the concerning the quality.

Rahwa:- Do you notice any change in the deliverability of the work (productivity) since you start attending the breathing sessions?

Interviewee 7:- That's a good question. So I still often get very quickly distracted by other things. And yeah, I think didn't, or that breathing techniques didn't improve the productivity that much. Yeah, I think it didn't change to the time before.

Rahwa:- Have you noticed any positive or negative impacts of the breathing on handling problems easily?

Interviewee 7:- 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. I take problems less important than before. 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.

Rahwa:- Does the breathing have impact on your perceived creativity? If yes, how so?

Interviewee 7:- Creativity, oh, my creativity is very bad. I'm not a very creative person, I think. I don't think that has had impact on my creativity level.

Rahwa:- Have you noticed any change in general for example enhancement/or diminution in creativity and innovation?

Interviewee 7:- Okay, innovation is interesting. It's interesting to ask if interesting is the same as similar to creativity. If it has impact to innovation, I would say maybe a little bit. To creativity, it doesn't have any impact, I think.

Rahwa:- Is there any experience or impact that you would like to share that I haven't asked you about yet?

Interviewee 7:- And that's not explicitly so, overall I was helped me very much I think, the whole study and I'm very thankful for this opportunity to pick it and you and whoever participated in the study. But I have no other aspects. I think I profit from the supporting files very useful.

Rahwa:- Do you have any further comments for the breathing session? Ideas? Suggestions?

Interviewee 7:- No, I don't think so. Now, the only problem we had some times during the sessions, where was the audio quality thing, From Brigit music. Sometimes we did hear her but there's a on the technical things.

Rahwa:- Have you continued using the breathing practice in specific situations, or regularly?

Interviewee 7:- So I used the breathing techniques in every meditation session. During the study, I meditated every day before the preferable breakfast in the morning.

And nearly every day, I think there was two or three during to enter eight weeks, I didn't meditation. But after the meditation, it dropped, unfortunately, and at the moment, I think I can take about three sessions a week, for about 20 minutes. And during these sessions are really focused on this. On this breathing techniques.

Rahwa:- Would you recommend it to a friend or colleague who is affected by stress?

Interviewee 7:-Absolutely. To everyone. Yeah, they should take the time.

Rahwa:- Thank you for sharing your experience and for give me your time again .

Interviewee-8

Rahwa:- Please can you introduce yourself (Education, Occupation Country of residence).

Interviewee 8:- I'm Interviewee-8. Currently I living in data Bangladesh. I completed my bachelor degree in Computer Science and Engineering from daffodil International University. I have been working as a software developer since 2018. And currently, I am working as a software developer in the same university I am graduated from, that's daffodil International University. Yeah, that is about myself.

Rahwa:- Could you please elaborate how your daily work is related with computers?

Interviewee 8:- Okay, as I mentioned, I am a software developer, most of my works are highly related with computer actually with work. I also pass some amount of time with my computer by watching movies, YouTube, all different kinds of tutorials related to my work, or others. So you can say, fortunately, or unfortunately, I am badly attached with my computer.

Rahwa:- How many hours do you on average spend on a computer in a day?

Interviewee 8:- Well, I spend minimum seven hours on computer in office, that's pretty was mandatory for me, because I have a job holder. After that six to seven hours in my home. So is around 13 to 14 hours I spent or computer hours in a day.

Rahwa:- Have you had a chance to participate in the breathing sessions? If yes, how many sessions have you attended?

Interviewee 8:- Honestly speaking because of different time zone. I couldn't attend the live session, but I was the recorded video, and the related slides, which Birgit provide in the website. So you can say I participate in the breathing session, although I didn't participant in the live session. So I actually participate in the breathing session.

Rahwa:-What is the main reason you didn't participate in all sessions? What got

in the way?

Interviewee 8:- Oh, as I mentioned earlier, I didn't participate in the live session because of different times. So in maybe Sweden, she started live session, it's almost 2pm or 3pm in Bangladesh. So I use usually go to sleep before 12 am or 11 am.

Rahwa:- How would you describe your familiarity with breathing techniques before you participated in this study?

Interviewee 8:- Well, I have experience with some breathing techniques. because I go to gym and work out three to four days in a week. And I would like to mention, I was directly engaged with some Sports during my education time, in a school collage. Even in University I was the core team member of a central handball and football team. So I have experience of some breathing techniques like boost of my cell recovery quickly or some kind of decision making.

Rahwa:- Have you ever experienced any problems in the breathing session? Do you like or dislike the breathing session?

Interviewee 8:- Honestly speaking, I am having mixed feelings about this session. Some part of the session I like and some part there are a few parts I don't like. Like as every session is pretty much long, correct me if I'm wrong, on average every session is one and a half hours. So, one and a half hours or two hours is a long period of time to keep concentration. Although it says session about keep concentration or keep focusing in So, I can say I found this is very hard to keep concentration to one and a half hours or two hours. and I like the breathing session is in every session, make it try to add test some problems, and he also addressed the solution what is the possible solution or how can we overcome these problems? So, I like this approach very much.

Rahwa:- What do you believe are the major strengths and weaknesses of each of breathing session?

Interviewee 8:- So, as I mentioned earlier, from my memory as far as I can understand so, as far as I remember in every session Birgit try to address some problems and she actually it is the solution either mentally or physically, or using some other kind of tools. So that's the major strength I can say. And I don't think or I didn't actually found any major weakness. So, but as I mentioned earlier session length can be decreased.

Rahwa:- Okay What have you benefit out of this breathing session that gives a positive impact in daily task?

Interviewee 8:- So, actually, there are some things I like to mention about this breathing session, which gives a positive impact in my daily activities. So, 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. yeah, these are some kind of things which really gave me a positive impact I can say in my daily.

Rahwa:- As a software developer how is your decision making on your day-to-day task? Have you notice any improvement in your decision making since you have been part of the breathing session?

Interviewee 8:- Well, I am working as a software developer here. So most of my talks are directly or indirectly related to decision making. As far as I understand, you know, programming is all about decisions. If these go that is do another tasks, something like this. Or loop through from past 11 to last to 11 until you find some kind of element. So you can see almost every day to day As I have to take decision. Yeah, talking about improvement, I actually don't notice any kind of measure improvement. But I must say I am benefited from this session. So I can remember one thing that I learned from this session, when take decision, I must talk to my future. So I mean, I should consider the possible outcomes by and taking decision.

Rahwa:- Does your daily work include writing programming? if yes, have you noted any improvement in the amount of code you produce?

Interviewee 8:- For Yeah, writing probe gramme is my job actually. Actually, I love to write code. actually, not I didn't notice any kind of improvement while writing code. So while I am writing code, I need to maintain some standard which are given by my company. So I didn't actually notice any kind of use improvement in writing code.

Rahwa:- How do you find an error in a large file with code that you cannot step through? Does the breathing have impact on handling different kinds of code error situations?

Interviewee 8:- Actually, my job doesn't directly related to finding it or I'm not a tester. I know you know, but what I mean, taste, I'm a software developer, but I need to find some kind of error while coding or while write program. So to find error i debug again and again, until I find it or what is the most obvious process. And I use some tools actually as an example, in web development we can set a breakpoint which helps a lot to find any kind of error encounter in my code. yeah, that the breathing really helps about this it is related to decision making, or recovery. It helps me to grow my confidence also.

Rahwa:- Does your daily work involved with testing? if yes, have you noted any improvement in the number of bugs you fix?

Interviewee 8:- Yeah, my daily work doesn't directly include in testing, but I do write test cases while writing code. So I need to maintain Sammy standard as I

mentioned earlier. Yeah, I mentioned it earlier. The breathing session helps me to improve the debugging or finding bugs. So because the breathing session is actually related to take decision making, or to some kind of topics about confidence are also discussed in the breathing session. So it helps me to find bug or confidence myself or I can say grow my confidence in a working environment. It actually helps a lot.

Rahwa:- Does the breathing have impact on your creativity?

Interviewee 8:- I must say directly or indirectly, it impacts On my creativity. well, as far as I remember throw during the session Birgit talks about time management or decision making. How to increase confidence or physical energy and recovery, you know creativity has the relationship among these things. Such as if you are confident that you can notice some improvement in your work and creativity. And proper time management and decision helps you to lead a better life. So, when you are living a better life, it means your health is good, your mind is good enough to overcome difficulties. So, and a healthy life and healthy pain must be I can say more creative than others. So in conclusion, I must say, it does enhance creativity and innovation.

Rahwa:- How does breathing enhance creativity and innovation?

Interviewee 8:- Yes it does enhance creativity and innovation.

Rahwa:-Do you have any following comments? Ideas? Suggestions?

Interviewee 8:- No, I haven't any comments or ideas or as I mentioned, one thing earlier, the session length can be decreased that is all.

Rahwa:- Would you recommend it to a friend or colleague who is affected by stress?

Interviewee 8:- Yeah, I can say I can easily recommend to some friends or my some colleagues.

Rahwa:- Thank you for sharing your experience and for give me your time again .

A.2 Non-Computer Science Workers(computer workers)

Interviewee-1

Rahwa:- Please can you introduce yourself (Education, Occupation Country of residence).

Interviewee 1:- Okay, so my name is Interviewee-1 man. I am from India and I am

about 29 years old. I am a PhD student at KTH, Royal Institute of Technology Stockholm. In mediated communication, and HCI. I currently work with the digital tools for sustainable behavior change. And I came to know of Bridget's Breathing some of the rights to flow workshop through I think it was one of the limits mailing lists, the limits conference, so the mailing list of the conference, so I think I got it through that.

Rahwa:- Could you please elaborate how your daily work is related with computers?

Interviewee 1:- So since I was working as a software engineer before, so my daily work was pretty much for me more computers every day. Right now I work with human computer interaction. So it still involves computers quite a lot. Primarily, working with colleagues writing papers, or I don't know, I think every part of my work that is uses computers in some way. But by computers, do you mean screens? Or do you mean any sort of computing device? Without distracting? Does it have to have a screen?

Rahwa:- No, any kind of electronics that you use.

Interviewee 1:- So in which case, my professional curiosity lies with computers and digital devices that are part of our everyday objects everyday life. So I try personally move away from screen based interfaces and more towards physical interaction interfaces, which have embedded computing modules inside them. So they might not have screens, but you can interact them with them in different ways. That is what I'm personally interested in. But a big part of my work involves, you know, a screen.

Rahwa:-How many hours do you on average spend on a computer in a day?

Interviewee 1:- I would say maybe close to 12 hours, I can say, safely. Work, split among various devices work on my laptop on my phone on a tablet or something? Close to 12 hours? I would say.

Rahwa:- Have you had a chance to participate in the breathing sessions? If yes, how many sessions have you attended?

Interviewee 1:- So yes, I did attend the big thing. sessions. I attended all of them. So I think there were eight, how many sessions were the eight or more?

Rahwa:- yes, It was eight.

Interviewee 1:-So I attended all of the eight sessions.

Rahwa:- How would you describe your familiarity with breathing techniques before you participated in this study?

Interviewee 1:- I would say intermediate, not advanced, I am familiar with some

breathing techniques. But not this particular I wasn't familiar with the particular one that was introduced in the session. But I am familiar with some breathing techniques that I have picked up over, like different from different sources yoga, or from virya or different sources. So I am not a beginner. I have some knowledge, but not I wouldn't say I wouldn't classify myself as an advanced breathing practitioner.

Rahwa:- Have you ever experienced any problems in the breathing session? Do you like or dislike the breathing session?

Interviewee 1:- I particularly did not experience any problems. I initially found it a little difficult to breathe through the mouth in the sense that it felt a little unnatural. My main issue was that my throat would get really dry. And as a result, I will feel a little uncomfortable initially, but I wouldn't classify it as a problem. It's just something that I usually have issues with. But over the course of the seminar, the entire workshop, it became progressively much easier, I think, I began to feel it was much easier with by the third session itself. And after that, it was, it didn't feel uncomfortable in any way at all. It was it was very relaxing. And I honestly look forward to those sessions every week.

Rahwa:- From your point of view, what are the major strengths and weakness of the breathing sessions?

Interviewee 1:- I don't know whether it's a strength or a weakness. But this is just my subjective experience. 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. Others usually sometimes don't. And the only problem I would say was that it was a little uncomfortable to start with in the beginning. But I wouldn't really say that as a problem. It's like something if I really had to need to pick a problem. That's the only thing. But I think you get used to it very quickly. Maybe the other thing was, because it was a guided session. Like, issues in audio sometimes ruin the experience. So for example, like if the if I usually used to wear like Bluetooth headsets, and when I was doing this. So if the audio became really choppy, I was always left wondering if like, Oh, shit, did my Bluetooth headset disconnect? Or did something happen? Did my I lose connectivity? Did something happen? And when you are meditating or in that particular state, it is very, not very harmonious to have your flow broken like that, those dots. So that was the only issue with that. But after a while, I think it was only a problem in the beginning, after a while, even if like I couldn't listen to the Bridget's own guides, like the guides that she had when we were breathing. Like I would follow my own prompts. After all, if I couldn't hear it, I would follow my own prompts. So it became like, comfortable to me after that.

Rahwa:- What have you benefitted from the breathing practice? What positive impacts do you notice in your daily tasks?

Interviewee 1:- I think the biggest impact that I noticed was that it helped me calm down and ground myself quite a lot. Especially when I'm feeling when I was feeling worked up over the week, that particular session would help me calm down quite a lot. And I would feel much more. A lot more clear in my mind after having done that. So as a result, I always used to look forward to those sessions. Because I knew that there was something in the week that would, you know, take my mind off things from whatever issues that I had at that. And as a result of doing that, 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. So like, I haven't been able to do this practice as much after the sessions ended, maybe once or twice a month was part of what I've been able to do. But at least I know that yes, there is a technique that I can follow upon. And I have or I will download some of the zoom sessions for myself, just so that I have Birgit prompts to guide me through I find that was what helped me quite a lot. So it's good to know that there is something in the back.

Rahwa:- As [interviewee occupation] how is your decision making in your day-to-day task? Have you noticed any improvement in your decision making since you have been part of the breathing sessions? If so, could you give examples?

Interviewee 1:- I'm not sure I but overall I would be tend towards maybe unknown. But at least I now feel I don't feel compelled to make snap decisions. Like I at least trust myself in the sense that if I'm ever feeling pressurized 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.

Rahwa:- What is the most significant change you have noticed in your work since you have been part of the breathing sessions, if any? If so, could you name some concrete examples or occasions where this played out?

Interviewee 1:- The most significant change, I noticed after the sessions were that it allowed for focus, but I still have a lot of inertia from previous habits and previous working flows that still influenced me, and quite greatly influenced me. But 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.

Rahwa:- Have you noticed any improvement in your problem-solving ability at work since you participated in the breathing sessions?

Interviewee 1:- Yes, I would say some, mainly because of 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. I think one of the issues that I faced was when I was solving problems, I tended to get involved quite personally in them. As a result, if that solution did not work out for someone, I would have probably felt person-

ally attacked, because it was something that I put myself in and it didn't work. And at least this allows me to think back and not get personally involved in like that. So I think that I'm able to keep a level head when I'm trying to solve problems.

Rahwa:- Have you noticed any improvement in the amount or quality of work/task you deliver? It might be per day or month, since you have been part of the breathing sessions? If not in the amount, have you noticed any improvement in quality?

Interviewee 1:- I don't really know maybe not. Because in my the quality of my work, or whatever I deliver tends to vary from week to week, because I sometimes work in bursts. And when I am in that particular flow, I will do a lot of work in a particular week and the next week, I might not be able to do any work. So on the average, I think it's the same my quality of work overall remains the same. But my attitude towards my quality of work as I don't feel as compelled to overachieving.

Rahwa:-Do you notice any change in the deliverability of the work (productivity) since you start attending the breathing sessions?

Interviewee 1:- Yes, but I don't know if it's in relation to this particular breathing exercise, or if it's just breathing exercise in general. Usually, I think one particular example would be during afternoons, I usually feel extremely tired right after eating lunch, and that's when I do I whenever I feel tired like that, that's when I usually take a 10 minute or a 15 minute break to meditate. And once I finished that, I feel much more or calm be unable to more work. So but that is more to do with meditation or breathing in general. So I don't know if this particular exercise has had more or less impact, but generally doing this would always make me a little more productive. But I still think that the previous motivations for productivity, which is solving and finishing things, that's what still motivates me to do much better. That's what my greatest motivation is. And that still stats.

Rahwa:-Does the breathing have impact on your perceived creativity? If yes, how so?

Interviewee 1:- :- I don't, I don't know if it has had impact. But sometimes 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. I used to get a lot of ideas, sometimes problem solutions to problems. If you classify that as creativity, then yes, that my creativity was boosted during the sessions. But apart from that, I don't know if my creativity has been bolstered from the meditation sessions. On the whole, I would say no, it's the same.

Rahwa:- Have you noticed any change in general for example enhancement/or diminution in creativity and innovation?

Interviewee 1:- I would, I would never say that. Anything has decreased, nothing has ever decreased, or creativity, innovation, anything like that the only thing that

has decreased is stress. Apart from that nothing has decreased. increase. Perhaps I'm like, I'm not sure. I would overall say no, but there have been some cases where I have had ideas that I wanted to follow up on ideas for things in my work, personal life or things like that. And sometimes those ideas came during the briefing session, that and it kept me quite excited to follow up on those afterwards.

Rahwa:-Is there any experience or impact that you would like to share that I haven't asked you about yet?

Interviewee 1:- I think for me, 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. Even if I felt really tired. just before the session. Having done the session, we're always calm me down. It was it was as if I woke up from a refreshing sleep. And I think that is the biggest thing that I noticed. And that was something that I valued quite a lot. It helped clear my mind it, it helped settle me down, and Graham. But the SEC, because of that, maybe my other things might have improved, such as my productivity, my creativity, but usually since I did it on Thursdays in the evenings, and I usually don't work after a time because I know that it's not going to be productive for anybody involved. I am not able to say if my productivity is affected the next day, and the next day since it was a Friday, it probably implement Fridays, I don't know how much work actually got done. So I can't judge whether my creativity or productivity was enhanced. I think the best way I personally would have been able to judge that is if I were I did those sessions in the morning, maybe the beginning of the weeks. And then I then I if I actually kept my eye out for like, Oh, did I actually improve my productivity of doing this then I can definitely answer that. So maybe I can try doing that and then I can confirm or deny that.

Rahwa:- Do you have any further comments for the breathing session? Ideas? Suggestions?

Interviewee 1:- I really like the idea of the guided meditations. So I think that's what helped me quickly pick this up. And I would really like to have those guided sessions somewhere I can access. Right now it's on the twinkle flip site. But I know they won't be there forever. But I would like to keep it somewhere, like, maybe some Spotify podcast or app or somewhere so that I can use it when I want to use it. And apart from that, not really, I think more people should know about this.

Rahwa:- Have you continued using the breathing practice in specific situations, or regularly?

Interviewee 1:- Regularly. I've wanted to, but unfortunately, I have not been able to be very regular with it. I did use it maybe once or twice after the sessions ended. But I usually tend to use it when I'm feeling extremely overwhelmed with things because this tends to calm me down. But I really want to make it a lot more regular. So I hope to be able to do that from this moment on.

Rahwa:- Would you recommend it to a friend or colleague who is affected by stress?

Interviewee 1:- I definitely would recommend and I actually did recommend it to a couple of like, close friends who I felt were very stressed. I recommend it personally, and I did not. It's not like yeah, this would solve their issues more like I From a suggestion from a place that yeah, this helped me. I don't know if it'll help you. But you can try it.

Rahwa:- Thank you for sharing your experience and for give me your time again .

Interviewee-2

Rahwa:- Please can you introduce yourself (Education, Occupation Country of residence).

Interviewee 2:- Okay, my name is Interviewee-2 Alves, I am professor in a Federal University of Pernambuco at Brazil. Yes, I've been in academia for more than 15 years that I finished my PhD. Yes. And I also do some consulting and practical projects as well. I studied computer science, my whole education. It's some computer science. Bachelor master and PhD degrees.

Rahwa:- Could you please elaborate how your daily work is related with computers?

Interviewee 2:-Wow, every day I work with computers with mobile phones and yes, I use every day. So a lot of my work routine I think. Now if COVID absolutely everything I need to be on the device talking to people supervising students and writing papers so 100 % and that now I'm not even reading printed papers because I'm not printing anything. So always on the screen.

Rahwa:- How many hours do you on average spend on a computer in a day?

Interviewee 2:- Maybe seven hours but now I've no since COVID I'm using a lot of mobile phone. Especially if I have meetings that I don't need to access my laptop. I prefer to use mobile phone because I can walk around not sitting the whole day. So let's say seven hours a week that I either with laptop or mobile phone.

Rahwa:- Have you had a chance to participate in the breathing sessions? If yes, how many sessions have you attended?

Interviewee 2:- I loved yes I love it was really nice very intense for me. I want I think the breathing sessions I still record that I suppose so I want to practice again. You know, when I have more time but I do breathing exercise and meditation almost every day or yoga this sort of practice. Yeah, it was really you know, something that's Yeah, your mind goes to a different dimension for me was also very spiritual connection that I had in the past and we found the breathing exercise, but I was

very impressed by the technique very simple and very effective. Sometimes when you are just meditating, just you know, normal breathing. Sometimes you get a good connection. Sometimes your mind is spreads or you know, your daily tasks, what you need to do after that. with this exercise for me was very, very good outcome very effective. No matter you just keep going in your minds. It's completely disconnected. So was good.

Wow. I think I missed one or two sessions. And then the last session the last week I was with my family in a different city. So my whole shadow was very busy. With other , family commitments. I think I missed the last one. But I did the seven sessions and two, I did record that after wasn't life.

Rahwa:- How would you describe your familiarity with breathing techniques before you participated in this study?

Interviewee 2:- Wow, you know that I am more passionate to study yoga and breathing and spirituality than computer science. You know, in my spare time, that's what I read all the time. So I've been using lots of pranayama techniques in the past as well. And different exercises. And yes, so I, I would say I was very familiar with this kind of technique. And reading books and doing also retreats, and yes, and this kind of workshops, I was always very inspired to do this kind of things.

Rahwa:- Have you ever experienced any problems in the breathing session? Do you like or dislike the breathing session?

Interviewee 2:- Well, it's very interesting that for me, sometimes when I go through this breathing exercise, sometimes you have to disconnect your mind and also to go deeper. And it's not hard, but you're really, it's, it's the experience of letting go. That sometimes you want to hold and control your emotions or your mind. And then this is very subtle moments that you really need to disconnect that sometimes. Oh, I'm so tired. I don't want to put all my energy on these and you want to deny a bit. But then when you go through, it's wonderful. I think it's like you know, swimming in a cold water and the first moment it's going to be painful hurting but then you just love it.

Rahwa:-From your point of view, what are the major strengths and weakness of the breathing sessions?

Interviewee 2:- For me the strength I think it's really it refreshes your mind you get very awake very. You're the pain from your body. For instance, I think one of the first sessions I had a bit of headache, and I was annoyed with work and all this I was really exhausted, I would say, and after the briefing session, I was really refresh very active and calm. So 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. And the weaknesses. For me, I think was one hour the session or one hour and a half. Yeah, but the briefing was one hour wasn't Yes. So yeah, so for instance, I think it's, it's a bit long

to do it. Anyway. But every day I practice yoga but a bit of exercise of different movements. But this one is one hour focus on this same breathing so the repetition I know it's necessary to disconnect and also to for your as Brigit said, the neuroplasticity of your brain to really click. I think it needs some time also, but I would say the weaknesses is that you cannot do it in 5 or 10 minutes, sometimes some pranayama's that I do, like, just in five minutes, you already have some benefit of this breathing. And also these subtle moments that you are a bit lazy or just don't wants to go through this deep connection. It's really subtle that there is a moment that you say, No, I'm not doing it again. And it's, it's funny, because after you do it, you feel wonderful. But you have to be brave to go through. So yeah, that overall I think, is more benefits definitely. And, and it's something interesting, because for me all this breathing exercise, it's a lot related to my own life, spiritual life, my own beliefs, let's say. So for me, it's easy to connect into this kind of technique. And also I know that how important our emotions our well being in this sense. So for me, it was very easy to go through, because it's something I've been reading and experiencing the past. But I think for people more rational, let's say the pure, rational mind of intellectual mind, for this kind of people must be a bit more complex to relive, and to believe in the results, let's say. But, yes, for me, it's really important. Part of Also, sometimes besides this particular briefing technique, usually when I need to do a hard work, let's say that I need to concentrate intellectually that I need to really to write difficult paper or reveal that, for me to be a bit hard. 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. Also, funny that since I've been practicing yoga and a lot of pranayama exercise, in the first session, I remember and after I finished the exercise, I was using my nose, breathing, through my nose and out through the mouth. So, all the time. And then I asked Birgit, to clarify and she said, what's better, all the time through the mouth, because it just disconnects back to your rational mind and all these things. So also, if you have previous experience with other techniques, sometimes your mind will just keep repeating the same pattern. So, your mind is not really just a plain book to write new things. You have already. Your previews. Yes, just the experience that you want to repeat, sometimes doing right or wrong things as well.

Rahwa:-What have you benefitted from the breathing practice? What positive impacts do you notice in your daily tasks?

Interviewee 2:- Yeah, for me, it was really good. to force myself to be aware of my well being off my a, my breath as well, because so was the one hour and as was really extra point, because sometimes, I noticed I, I get anxious, because I want to do things fast. I want to do things that on my way, I'm a bit of a cultural freak person I know. 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. So it was really a good aspect to be more aware and also For me, writing the journal everyday was also very good because I never write my own feelings. I don't have this, just when I was teenager that I used to write a

journal. And but the last 30 years or so I'm not writing about what I think or what I feel. So, for me, it was a good opportunity also to put my emotions into words, for writing down. And also Yeah, I think was a good approach. But I, I'm very internal person, I am very, I like to be by myself not. I like the solitude, let's say, to think and to meditate. And so was a good moment also to check how I was doing my daily tasks, if I was really having a pleasant day, or my exercises, and all these things was a good check checklist to participate in the study to be just more conscious of what I was doing.

Rahwa:- As [interviewee occupation] how is your decision making in your day-to-day task? Have you noticed any improvement in your decision making since you have been part of the breathing sessions? If so, could you give examples?

Interviewee 2:- Yes, for me, I'm trying really, to do things that are important that I know that my inner values are, that are aligned to my inner values. Let's say that, of course, sometimes you have to do boring tasks in your daily routine, some aspects that any job, it's really annoying or boring, or you don't want to do. So, these I get very focused. Just do it and finish I'm very Done, done, done, you know, the checklist, it but for me, The study also made me think, what are my real values, what are the important things in my life and also to priorities these, and to be honest, the whole pandemic, no, the COVID in this, it has this disconnect, disconnected our routine, you know, was an external force that we just had to adapt, for me was, was very good to write down in the daily journal, because I, from my own self was really blessing to be at home, because I could also do my spare time, not on the traffic jams, or I used to be very exhausted, my daily routine. So now, I'm prioritizing 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. So, for me was really special moments that I could Yes, just live a humble life without much, you know, goals of projects of attending conference, because now you cannot attend you cannot travel you cannot do a lot of things. So, you have to internalize a lot of your on experiencing life. So, for me was to just priorities and to make sure that the things I don't want to also sometimes I have the tendency of helping people of accepting commitments or doing things that sum at the end. I know that was really a burden in my quality of life because I was doing far too much than I could handle. So, these kinds of things were affecting my health, my peace of mind. So, if this exercise as I was saying, no, I should say no, because it's not going to give me any goods. So maybe, I don't know being a bit more selfish. But yeah, not just accepting everything from job especially. But I especially work that's my main issue that Yeah, I'm just prioritizing friends, family and my own. Yes. Life and Work now you just don't know. It's so uncertain what's going to happen.

Rahwa:- What is the most significant change you have noticed in your work since you have been part of the breathing sessions, if any? If so, could you name some concrete examples or occasions where this played out?

Interviewee 2:- Think they're having the courage to say no. For work commitments,

as I told you, because I was being that person that I always I like to help. So, during this study, they were I think, a couple of occasions that I also, I had to make my make my point with colleagues that we had a bit of not a bad, but a very unpleasant situation in writing on paper that I was a bit annoyed by his attitude in our collaboration. So, I decided really to speak out, which is something that's usually in the past, I was able to really put my own point of view, of course, with kindness, but really sharp in terms of what you need to put your limits and all these things. So, I think was I was more, yes. had the courage to say no, or to tell my point. And also, yes, just trying to work less and not feeling guilty for that, as well. So just, yes, just because I'm not a very ambitious person in terms of my own career, let's see, I'm happy with what I have achieved. And sometimes I even think, Oh, I'm still too young, I'm 45. But I don't want anything else, you know, in terms of money or ego, of achievement. So, I'm just happy to, to do a good class and also to teach students have good values, ethical values. So, for me in this kind of achievement is very important. 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.

Rahwa:- Have you noticed any improvement in your problem-solving ability at work since you participated in the breathing sessions?

Interviewee 2:- No, not the problems solving , I think I've been always this is something maybe because I studied in during my PhD decision making and this kind of, yes, but the problem solving, I didn't notice very much a difference, to be honest. Yes. was more like an attitude towards work and towards my limits and my priorities. But as I told you the problem solving Sorry, I know the problem solving as I mentioned to you not exactly for me was the breadth moment on Thursdays. They were very good for my own well, being eternal wellbeing. But with problem solving. I believe that this short meditation five minutes before starting working on learning in the morning, because the breathing exercise for me was in the late afternoon on Thursdays. So, after the breathing exercise, I was just relaxing. But I think the problems solving if you do just take a bit of concentration of meditation breathing, I think it's really effective to start your day.

Rahwa:-Have you noticed any improvement in the amount or quality of work/task you deliver? It might be per day or month, since you have been part of the breathing sessions? If not in the amount, have you noticed any improvement in quality?

Interviewee 2:- Yes, I think I'm trying to be more focused. But yeah, it's something for me. Another breathing exercise, as I mentioned, in the beginning, says it has been part of my routine for many years. So, I've been doing breathing exercise, you know, for the last maybe 20 years or so. So, I know the results. So, this wasn't a new, an extra technique that I learned wasn't something that in the past, I will I was completely outsider in terms of this knowledge. But so, it's something that I always try to remember to have my sharp mind. So, the exercise, and also I think the journal were very good to balance and also to priorities the important tasks and

everything.

So, definitely, definitely, yes, I think the quality of work, for instance, the inspiration, and when you have to do a creative work, writing something, you know, just creating something new and you design a new paper that you have to write, I think it really improves the quality of the creativity of work, and also the productivity. So yes, when I and when I put targeting, I'm very, I like to say I'm an organized chaos, I don't like to put everything on paper writing, right, but it's on my mind. But I set a target, let's say, one hour to do this. And I really need to do that in terms of productivity. So, the control of your outcome, and also your mind to be on the right setting to perform this particular task. I know it's a lot of what you programmed your mind, let's say to do things. I am a true believer of our ability, our capacity to programmed our mind our feelings. So yes, it's just right in the right programmers and execute.

Rahwa:- Do you notice any change in the deliverability of the work (productivity) since you start attending the breathing sessions?

Interviewee 2:- Yes, I think if I'm in a good mood, let's say, I don't get too much dispersed by other things, let's say so I think I'm, I can finish the tasks that I really want to buy that in this time frame, let's say. So, it's a lot of put yourself without anxiety in a good mood and perform the task. I have the tendency as I remember, one of the weeks we discussed the multitasking if there wasn't multitasking, but then you your productivity decreases. Yeah, I have the tendency of doing multitasking. And I know that's not good. But I think also, during this pandemic, we do so much of online meetings, that sometimes I have my departmental meetings and just listening to what's happening and I'm doing parallel things. or reading the News or, because I'm not very interest on the topics. But when I need really to do something and I focus, let's say, when I'm writing a paper, I just disconnect because it's, it's the priority that I put on the task, let's say if it's a task that are not very engaged on interest, I tend to do other things in parallel, let's see. But if it's something I really want to perform a quality, so I close everything else. Even, let's say my husband when he talks to me, I don't listen, because I'm just fully concentrate on what I'm doing.

Rahwa:-Have you noticed any positive or negative impacts of the breathing on handling problems easily?

Interviewee 2:- Yes, I think when your mind is relaxed, I think you, your mind is more clear, let's say your logical mind. And it's just Yes. more obvious for you as well. What you need to do and everything. So, if I believe Yes, if you your emotions are on control your anxiety or whatever your fears, I think you just, yeah, you solve problems better? Definitely. So, I think in this particular breathing, exercise or other techniques, as well as meditation and pranayama, is I think it's really fabulous. On as I told you before, since I'm, I have this spiritual beliefs, let's say for me, it's very easy. But if people that are just rational and just intellectual oriented, if they knew the power, that to this kind of techniques, and these techniques, there's

nothing to do with spirituality. If a person wants to match, it's fine. It's your own desire or your own beliefs, let's say, but 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.

Rahwa:- Does the breathing have impact on your perceived creativity? If yes, how so?

Interviewee 2:- Yes, and also, particularly in this breathing exercise, I had lots of not hallucination but really crazy thoughts during the breathing. So, I was just jumping in parallel worlds, let's say of intuition and different experiences. 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, let's say not using your let's say your awakened pattern that you do your routine, let's say having breakfast, checking emails and everything, so don't just only not only this daily rituals, but then you access different perspective as well. I don't know if it was with myself or if everyone have this experience. But for me, well, it's always good. Yes, just living experience and parallel worlds. visions as well have lots of abstract visions coolers and additional I received some messages as well, let's say during the breathing exercise confirmation. So yes, for me was very, yes. Very wild.

Rahwa:- Have you noticed any change in general for example enhancement/or diminution in creativity and innovation?

Interviewee 2:- Yes, for me, as, as I mentioned to you, yes. The breathing exercise was 8 weeks, but it's something I've been practicing and a much longer, and for me, it's very good to Yes, just to think in a different perspective. And also, I think when you are in nature as well, you're just a lot of the, let's say, good ideas that I have for my work sometimes when it's when I'm walking, or I think everyone does that they know, if you're cooking or doing other things, then that's nice. It's not that you are just rehearsing the problem, but just click.

So, it's always good to live our minds and really refer the possibilities open let's say, not just a fixed idea. So, it's again, I think you can program your minds to allow it to access this kind of knowledge or insights as well. If you are only logical, rational mind, you just access one way of seeing the problem and the solution. But you need a bit of craziness as well. And to do things Yes, in a different way. So I think, since I was a child, I was very creative, a bit mad person in terms of the things I used to do so. And I enjoyed this kind of way of living as well, a bit outside sometimes.

Rahwa:- Is there any experience or impact that you would like to share that I haven't asked you about yet?

Interviewee 2:- Yes. For me, the impact was really a sense of connection of well being of really, as a reset, is as if you had a very good night of sleep, very relaxed. 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. So was very positive in the sense. And I've been experiencing, I think, since January, at least from I notice, sometimes I, I cut my breath. I don't know why sometimes if there's a task that I don't want to do or any external problem that I get anxious. And for me, I spend some days just try to breath really deeply in full cycle of breathing. And I know that sometimes when I do a breathing exercise it improves. But other times I spent you know three to four days without really, and this full breathing and for me, it's a bit paradoxical because I'm very aware of my well being and all these techniques. And I said, Why am I feeling these, you know, what's the reason the meaning of that? That I can Not really just to let go the breathing. So yes, I think you just everyday you're learning something new about yourself. So, it's, for me was a good exploration of learning my limits or my inner darkness or the things that are not very easily acknowledged, let's say. So it was very good to have self knowledge.

So, for me was interesting, even though I've been in this path, let's say the search for many years, but what I have been learning that sometimes you think you are, you know, starting from kindergarten, and then High School, bachelor or anything high, high higher than others. So, it's also a good opportunity for you to feel humble, and to break your ego as well. So, I think it's, it's important to be brave to acknowledge this kind of thing.

Rahwa:-Do you have any further comments for the breathing session? Ideas? Suggestions?

Interviewee 2:- Well, I something I was expecting the breathing that every week, we would have a different technique, a different exercise or something. So, you know, in the beginning, oh, was still the same. But I know, the repetition is also important for, you know, for the connections in your brain and everything. So, but I, if I must say that I was expecting diversity of techniques, let's say of breathing. I know the exercises they were every week at topic, and I think we're very well connected. And It made sense and all the journals and the questions and how we had an approach, and I was really trying to, to reflect on the issues that were brought. but in terms of the exercise itself, I think, will be also good to have some tips to do shorter sessions, let's say of other techniques, as I told you, in the morning, sometimes I just do 5 to 10 minutes before starting work, especially when I do hard tasks. I think this kind of short exercise in a bit of a agile practice of breathing, I think would be fun. The agile breath practice. I know maybe it's just because we are to immediately just went things fast and to be done.

Rahwa:-Have you continued using the breathing practice in specific situations, or regularly?

Interviewee 2:- yeah, this particular one I haven't done I told you, but I want to do it again, especially the last few weeks, was in the middle of semester, lots of tasks. And then I might tendency to priorities what accesses the yoga to stretch my body so I if I have to choose one hour, in the end of the day to do my own

practice, I priorities yoga because I know my body know the tension and neck, my back. So the breathing itself because it's one hour long, I haven't done. But just shorter breathing pranayama's. And guided meditation, I do it almost every day. So it's just part of my routine. Definitely. I think I as I mentioned to you checking emails, like brushing the teeth, you have to do it every day. So every day I need to do something thing in terms of yes yoga, breathing or whatever. The practice for me was a bit too long. Yeah. But I want to do it again. Definitely.

There was something that I noticed one day after the practice was in the seven weeks that I practiced the briefing exercise the were in some days more intense are the days you know, just relaxing, oxygenate my mind and everything but most I also had some wine after and it didn't match well, I think I don't know if my brain was really oxygenated or connected in a different way. So after I had the wine I was feeling just a bit unwell or with a bit of headache after. So I feel and I think it's just to reach a different level in your mind that I've maybe it's no good to eat heavy things or to drink alcohol afterwards. That was my impression and then after this day, I didn't have alcohol after the breath exercise.

Rahwa:- Would you recommend it to a friend or colleague who is affected by stress?

Interviewee 2:- I'll definitely think it's very good Yes, very good to definitely especially for the ones who have never given the subs the opportunity to experience this kind of technique I think it really must be very, very valuable and other like even the more rational people to experience this as well that's the thing is just the intellectual brain and all these I think it's very good for relieving stress and anxiety.

Rahwa:- At what time do you think is good to have the breathing session in the morning or in the evening in order to be productive on your work or in your daily task?

Interviewee 2:- very good very good point. I think in the morning enough to have the benefits of productivity creativity Your mind is very sharp in the afternoon the time that I was having since my time zone was four in the afternoon that like I mentioned to you was four o'clock so was the end of my day I didn't return to work afterwards I was just relaxing. So I think the effect is more your wellbeing or relaxing and everything. but maybe in the morning you get very new but then also after you do such a pleasant experience and then if you have to do a boring task in work, annoying thing I don't know if it will be very good. But I think it's it just wants to relax and enjoy life you don't want to do annoying tasks. But I think it can improve your creativity and the sharpness of your mind if you do it in the morning . I don't know if it's good if you just wanted the boring things you know the just the daily tasks that's it doesn't really you don't need really full concentration. So in the afternoon was just a good relaxation Yeah, and fell but for me in the morning, it's a bit too long to do a one hour and also after the sessions I was a bit outside of my mind really just floating. So I still needed let's say how for now. Just to connect, reconnect again to the normal world. So for me, it was very tense out. So I would

say after the one hour breathing exercise, I needed an extra half an hour more just drinking water, receiving the things that callers you know, in the in the trees and all this. So to be again in the same level of my life. So I don't I think the morning that will be really just connected connecting also. Because at least myself, I do a lot of mental checklist of tasks. And I don't know if your mind would allow you to disconnect, let's say eight in the morning, eight to nine. And after that starts to work, maybe it's a bit too late.

Rahwa:- Thank you for sharing your experience and for give me your time again.

Interviewee-3

Rahwa:- Please can you introduce yourself (Education, Occupation Country of residence).

Interviewee-3:- So my name is In short, Interviewee-3 Pinto bouquet Ark. And I am from Portugal, and I live in Portugal, English one, which is the capital. And so I did a bachelor at that time, it was a five year grade in Applied Mathematics and Computer Science, and then a master in computing, engineering, and then a PhD in computer science. And I'm at the moment, I'm an assistant professor at each day Institute, started Lisboa.

Rahwa :-Could you please elaborate how your daily work is related with computers?

Interviewee-3:- All my daily work is related to computers almost every time with computers. Because in Portugal, professors at University have three main obligations remain tasks, which are lecturing, teaching at undergraduate level, but also master thesis, doctoral thesis, doing research and management, some of the activities of the university. And almost everything, every one of these tasks are done through at least some part are done through a computer. So and in particular, lectures, even if we do it in person so in, not through on the computer as we had to do it during the coffee time, as we are teaching. So quite often, I'm teaching practical issues of programming for instance, so I need to use a computer anyway. And also we use even if it's more theoretical, we use the computer to show some PowerPoint slides or videos or some materials. So that's more or less, and research also quite often, so we have to do so we use a computer, I use a computer very often.

Rahwa :- How many hours do you on average spend on a computer in a day?

Interviewee-3:- Because it's the time I'm working professionally. So I'd say at least six hours for that. And then it's also for a lots of tasks. So for organization, domestic life, family life. and the I have two daughters so, everything that has to do with many things that have to do with the management of their school life and all that it's also through the computer. bureaucratic stuff, and even shopping also on the computer. So I think you can count on more to two hours with it. So in average I would say I spend seven, seven to eight in computer. And then the weekends, it's less.

Rahwa :- Have you had a chance to participate in the breathing sessions? If yes,

how many sessions have you attended?

Interviewee-3:- I don't know i don't remember quite well but I think it were at least five.

Rahwa:- What is the main reason you didn't participate in all sessions? What got in the way?

Interviewee-3:- I, the reason why I didn't participate. Yes. The main reason was too much thing. So some days, I had so many things that it was, I found it too stressed to try to participate. And so I decided that in the spirit of the goal of the session, I should not obliged myself to go there. Okay, despite the fact that I think that was good. So it was I was trying to balance. And that's so the main reason was that I had too many things and also income in connection with other members of the family. So there was if I go, there was too much if I would have gone there, there would have been too much stress. That was that is the main reason.

Rahwa :-How would you describe your familiarity with breathing techniques before you participated in this study?

Interviewee-3:- I didn't know it. So I had basically I've never been in such a breeding set the sessions. So the closer I got into something of that was once I did practice of yoga, but not nothing particular about the breathing technique. And so when you learned how to swim, you also learn a bit of breathing technique, but not like the one we did.

Rahwa :- Have you ever experienced any problems in the breathing session? Do you like or dislike the breathing session?

Interviewee-3:- I like it. And only in the first session I only ended out if I should keep my mouth open or closed, but Brigit solve it. So I liked it. I thought Yes.

Rahwa :- From your point of view, what are the major strengths and weakness of the breathing sessions.

Interviewee-3:- It's difficult for me to answer that. major strength is to help you relax I would say that. And yeah, and empower your body that's what I can say. Now also because I think I don't ever something to against which to evaluate it. So to find limitation. I didn't find any weakness. Okay. Maybe also, because I'm not also, I was not when I was doing it. I was not thinking about it. So I'm quite, I'm used to some physical exercise. I was a gymnast when I was young. So I don't see maybe some exercises as having weakness, more like that. They are trying to expand our you see a gymnast, maybe it is my mind. you know, those lot of exercises, even if they are difficult. They have a goal, which is to expand your flexibility or your strengths. And so maybe that's the point of view, I look at it.

Rahwa :- What have you benefitted from the breathing practice? What positive impacts do you notice in your daily tasks?

Interviewee-3:- I think the most important impact to us, or the impact I felt more was giving me awareness of my body. In when I'm working, and also if you are talking about the other things that Brigit also told us, so the part where she presented lots of other techniques and aspects. So it's to make us aware of all set of things that are important about our body to be better in better health in several aspects. But directly from the breath technique, it's to get more relaxed, the most to get more relaxed.

Rahwa :- As [interviewee occupation] how is your decision making in your day-to-day task? Have you noticed any improvement in your decision making since you have been part of the breathing sessions? If so, could you give examples?

Interviewee-3:- So, there are two aspects, one is lots of some of the quite some of the aspects Brigit told about before the session so in the part that she shows the slides and talks. It was so for instance, I remember when she was ,we were talking about the importance of an intention when you are going to do some task and to be aware of the intention that you that you have, that you have for the task. And so for instance, one when I was there, the other was the importance of, for instance, in these meetings, and the importance of leaving some time, leaving the meeting a bit before so that we, we can focus a move and move our attention from one to the other. That part, that's that kinds of things were important. And the other is about, and it's something that I understood. And, and so I add, the thing is that importance of being more relaxed, and more exercise and more relaxed. And this one is something that I experienced during that time that it would be important to find a way to, it will be important to insert it in my routine, daily routine. But that's something I really did not, was not able to do up to the moment. So I, because of the COVID, I had lots of changes in my quite some changes in my daily life, family life, in particular, because I stayed at home. And I had to do much more course in house because I lost help or somebody to help me. And so I'm what I will, I did first was to try to and to regain this help for the domestic chores. And I now understand that the next step would be to in to insert some meditation and or breathing techniques, like the ones that Brigit presented us in my routine in my daily life. it was in a positive way it was so these all these Yeah, it was it impacted positively because of all these aspects that Brigit reminded and, and told us some, some are I already knew, like, it's important to remind. and also in the decision make, mainly in the, in the, in the way I structure my daily, daily routine. So the daily tasks I do, and we have a very flexible timetable, which is which is changing all the time. And also that there in my professional life, there are things that I can accept, and I'm not so it's this decision of what they helped me. So there was a positive impact.

Rahwa :-What is the most significant change you have noticed in your work since you have been part of the breathing sessions, if any? If so, could you name some concrete examples or occasions where this played out?

Interviewee-3:- So it's yeah in this being aware of the intention, I have for each of the tasks and also manage the time and being present or not. So sometimes, I had

a tendency to try to do lots of things to attend so now we have the possibility then lots of webinars and all that. And then us so understood also the balance between quantity and quality, so maybe not so much. Not go for so many activities, and accept that I have a limited ability to do things and so that was. I think in general Lots of the things that Birgit told, show that we have to understand, I have to understand more better how my body works. And our cell, for instance, iteration was something that I already add some care with, but like iteration, there are lots of things like sleeping, the amount of sleeping, so it was important this, to be aware that I cannot, it's not just go and try to do the, the most amount of things as if I didn't have any limitation. 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. So I'm not being able maybe to synthesize In a word, but be more aware of. So it will be a face the more aware of my body and my and its needs. And also Yeah and they have more this is where maybe the two things that more impacted me and be more aware of the intention, why do we do these things and prepare and, and put the time and prepare myself, And when I am in a meeting and all this.

Rahwa :- Have you noticed any improvement in your problem-solving ability at work since you participated in the breathing sessions?

Interviewee-3:- Yes, I've noticed that it improves because of everything I've been to telling you. 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. And so, yeah, understanding that there are better times to do this than others also. Yeah, that's how I think so yes. When you take more care with you, with yourself, then you are empowered, you feel more empowered. So sometimes one of the thing, the practical examples is that I had already that intuition, but it wasn't enforced that so many times it's best that I it's better that I sleep more. And even if I that reduces in the amount of hours I'm working, then, but what I do is the work I do is much better and more effective. So and I solve the problems better, I think, and even maybe faster. So I also need less time to solve the things.

Rahwa :-Have you noticed any improvement in the amount or quality of work/task you deliver? It might be per day or month, since you have been part of the breathing sessions? If not in the amount, have you noticed any improvement in quality?

Interviewee-3:- I notice that Yeah, as I told you, so it's I think what I said also answers that case. So yeah, I've noticed that. yeah, I think it makes me deliver better quality work, better, better relation. So because it's difficult to quantify if it's better quality or not. I was wondering if you're going to ask me how much that would be because sometimes the question is that some questions the Birgit asks, I don't know how to answer them it difficult. But no, I think Yeah, I feel that what I do, I do better, I'm feeling better. I remember for instance, last week, last week or two weeks ago, and I don't remember very well, but I do remember Participating in, in a session with PhD students. And I'm sometimes a bit when I'm more tired, I am shy, my personal I'm shy. But when I'm more tired, I really

struggle sometimes to explain the my ideas. And I that day as I was much more rested and calm and relaxed, I really was able to share my experience. And I think I helped people. So I understood that I myself was trying to see myself from the outside. And I was really performing better than some other times that I tried to do the same, the same kind of things. So yeah, that's true. Yeah. Thank you that example.

Rahwa :-Do you notice any change in the deliverability of the work (productivity) since you start attending the breathing sessions?

Interviewee-3:- Yeah. So it's lots of qualities that you asking if they have improved, and so yeah, maybe in the previous examples, I've mixed all these qualities, but yeah, so I think so. Yes, the answer for that one. Deliverability yeah, I think it's improved Yes, that's true. That's difficult to assess because you need a comparison. And as our tasks as well are always changing and at the moment, I'm I also have the difficulty because I'm in a sabbatical year. So I'm not in delivering lectures at the moment. So that would be the easiest, easiest tasks to compare with, because it's something I've done also the last year, so I can compare if I can, I could correct the more or less the same amount of exams in a faster way, then the other ones. But I don't have it now. So this issue, so but as far as I can understand, I think it from and they will wait from what happened this year, I think it improved by deliverability.

Rahwa :- Have you noticed any positive or negative impacts of the breathing on handling problems easily?

Interviewee-3:- No, I didn't notice anything on that. The only thing was that, Birgit was not specifically of the breathing technique. It was, at some point I had to I had to it was about the that I told you before that, at some point, I was getting stressed. Because I thought I was really I was willing to go to the session, but it was also a cause of stress. But add not nothing to nothing to do with the with the breathing technique proceed. It was with the cause it was one more activity in the middle of summer. I didn't notice a negative impact. The only time I remember explicitly to, to use the breathing technique for something after I was taught by Birgit was to help me to get asleep when I was I think it was when I was a bit stressed. And I felt I am so stressed. Let me try this Birgit told that we could use it. So let me try, let me use it. And that's something that I asked everybody else sometimes, So it's more common to say, oh, if you have a problem, give yourself a deep breath and then it helps you. So but that was the only time that I applied directly, I tried to apply directly. And I think it helped me at least it helped me to make me aware I was trying to make me aware of this type of my body. And then we did understanding that deep this kind of breathing technique would help me relax and fall asleep. Because I was in the inner This is something contradictory I was in a well or not so much. I was in a hurry to get to sleep because I have to wake up early to take my kids to school. So it's these kinds of contradictions.

Rahwa :- Does the breathing have impact on your perceived creativity? If yes, how

so?

Interviewee-3:- So again, I can't make a connection directly between one and the other. But I understand that creativity is something that in our in my work I need and really when I would say that in the day after I had the session and when feeling more relaxed, I understand, I can say that I feel more creative to solve the problems. So I use more creativity to solve the technical problems I have to solve and also the problems in the life. So sometimes in organization of work or something like that, instead of going only directly to a specific way of solving try to find a work around. So yeah, so not directly, but in the sense that, yeah, I can't assess that exactly. These ideas I have was exactly because of that, you know, that's, I think, also, sometimes the problem of the questions you pose is that I understand that you are trying to make a connection, but it's difficult for someone to say honestly, that these kinds of qualities that appeared exactly because of that, you can understand the pattern, but don't exactly say. Well, I and I know that yeah, this two things, in fact, in the aspect of making me knowing better out to be to get relaxed, and now to take more better care of, of myself, for instance, in terms of hydration, or sleeping, or even having more awareness of my body. So sometimes when I, when I've started to adapt, I noticed that I started to notice much more, that when I sit on the computer, I'm sometimes I'm tense, my body is tense. So if I relax, and I put to the, to the different posture, and not only in the computer, also in the car, when I when I sit to drive, so that's different you feel if you try to relax, even if it's not with the breathing technique, but if you try to relax, if you give yourself a better position to relax, and then you feel better, you are more capable of thinking of driving of doing whatever you do. You are doing. Yeah. on that. So this aspect, and what was the other I was thinking about? So it's to be more aware of, of taking care of myself .

Rahwa :- Have you noticed any change in general for example enhancement/or diminution in creativity and innovation?

Interviewee-3:- Yeah, it's again, the same 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.

Rahwa :- Is there any experience or impact that you would like to share that I haven't asked you about yet?

Interviewee-3:- Yes, one was things I told him the diction in the interview, and no sorry, in the questionnaire I wrote about it in the questionnaire is it's not specifically to the breeding technique, but it's to it's to the activity in general. So there are several aspects that I thought they were very good. They were important for me one was when Birgit says good, she went in during the session. She's at some point She gives the feedback and she says good, good. And I find this really good because at least in Portugal, we are so used, my generation is still so used to that the older generations, the people that are giving some kind of instruction to as a to be teachers or parents, that they are negative, they are always pointing the negative

as the things that you don't do well. So, it I felt very good when Birgit was saying good, good, good. I think we really need this incentives. And the fact that we there were people doing it together from all over the world, I think, also was good for me. 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 was also about it. And are we live, individually and also individually can prepare better to feel better ourselves and with the others. So that was really good. But And so yeah, I liked it. Also, it was interesting for me to see, to understand that there was so much to clear and to understand, to listen to this music that Birgit also puts there and the words she says in the meditation that are to do with ancient philosophies and several philosophies. I was born as so my education was and I am a Catholic, but I'm very open. And I think the spirit also the connection with the spirit, while part of the of the, of the human being I think it's it was really also interesting and good. Because we are really not only physical persons and interaction of persons and psychological persons, your social, spiritual persons. And I liked it. the sessions I attended was before dinner for me. So and So yeah, I felt that some so many times I felt so it was sometimes I was going after taking a Bath and then having dinner and then really feeling more relaxed around the house and now I can go to bed. Yeah, I think it Yeah. So as far as I can, but also will do environment because it's not you're asking about the breeding technique, but I think it's specific, But the breathing technique is inserted in an event with this music and yeah, I think that's important. I think it's one of the things that the sessions that Birgit is putting in place makes you more aware of yourself in general in your physical part. And then the aspects that are important, this tendency, the things that you have tendency to forget or some things also that Birgit said that I didn't know about it. Others Of course, I'm new, but it's important that she puts it all there because then you remember and get aware. And also, at least I think in the next time after we attended the sessions, we can at some point when we are in the in our daily life, we can come to that so as far as when I had the problems with sleeping, I remember the British technique. And sometimes if I've an agenda with lots of events, one after the other, I decided not to watch I need in order to do a proper job and do and be focused and be attentive to the people and attentive to myself I need to decided . I'm not going to everything but what are the most important ones. And yet some yet this is just to make you more aware and get equipped with this solving strategies, how to have to deal with these things. Because you also certain things you may even be not so conscious, but you know that this is important to so that you feel better. So that you get less stressed and then also feel and in consequence feel better.

Rahwa :- Do you have any further comments for the breathing session? Ideas? Suggestions?

Interviewee-3:-

Rahwa :- Have you continued using the breathing practice in specific situations, or regularly?

Interviewee-3:- I didn't. But I would like to, I asked to bring it to send me the newsletter and the new state and she has sent and I keep an eye on that because I'm as I told you, I'm recovering. organizing my life in terms of some aspects that it was this arranged during the COVID because of the COVID. and that's one of the things I'd like to instal is the to add to put in place is the breathing technique, meditation these some of these things. but I know that I would like maybe to join some kind of session like the one Birgit invited us to attend. Because if you do, I know from my experience in other things that if we do try to do these things alone, it's because it's important to us, and when Do it together with someone else, some other persons. So let's see.

Rahwa :- Would you recommend it to a friend or colleague who is affected by stress?

Interviewee-3:- probably, yes. If I find someone that I find I find the appropriate. Yeah, I talked about it with my daughters and we my husband. Yeah. And my daughters. Yeah, they also had some instruction in terms of these mindfulness techniques and things, because in school, they do this. And well, I at some point, I was thinking, maybe I will ask them, and invite them to do it together with me, maybe, let's see, because they are teenagers. And they are tweens, they are 14 years old. So it's an expected you never know if they are going to join, they're willing to join or not. Rahwa:- At what time do you think is good to have the breathing session in the morning or in the evening in order to be productive on your work or in your daily task ?

Interviewee-3:- That's difficult, because I've experienced only at before dinner. So I think before the time I experienced, I think this might also depend on the person because sometimes the time I experienced I experience it, it's good for me because it's the end of the day, and you don't have to go to so you are not worried that you have to go and do things. So you are already tamanu and stay. Yeah. The only single was that my girls were having writing are thriving practice just before that, and sometimes I had to take them there. And then it was it was a rush to come and get and do the date. And so, so this this also, and that was the, the because of that, sometimes I decided not to attend because I was already too tired and said I'm not going to oblige myself to, to, to attend. So leave me alone in a certain way. I thought to myself, leave me alone, because I was already in there in those days trying to put lots of things. But so I suspect that if you don't have this kind of so it's good if you don't in a time where you don't have this neither something that you just need to do before and then it's a rush to come and not nor anything after that you have to rush to so because Then you can also enjoy being relaxed.

Rahwa:-Thank you for sharing your experience and for give me your time again .

Interviewee-4

Rahwa:- Please can you introduce yourself (Education, Occupation Country of residence).

Interviewee-4:- My name is Interviewee-4 or Minerva. I live in California USA. I am a graduate student researcher. I'm in my fourth year of my PhD program I'm doing I study video games. Basically. I study people playing video games. I do a lot of interview work. talking to students, parents and coaches. Let's see what else what other information is useful for you probably age. I'm 27. So I study social emotional learning around games. And so I like basically talk to people about like, communication, teamwork skills. wellness is a big topic that's been coming up. And so yeah. And that was actually that and my, so it was, like, partially professional, partially personal when I joined. Anyways, that was how I, when I stumbled upon the study, I was interested for that reason, partially because at the time, I was getting therapy for like, like, just basically stress and anxiety. And so I was like, oh, anything helps at this point. But also, I was like, oh, somebody, like actually don't work into this, that someone's doing work into this. Like, I want to be part of that. So So yeah, that's how I got involved with the study. With fell in love with my interest, too. Yeah.

Rahwa :-Could you please elaborate how your daily work is related with computers?

Interviewee-4:- I'm sure I'm more technology in general than computer specifically. Like, the people that I talk to are usually talking about video games. So like, those are usually on the computer or on Xbox or something like that. Plus, a lot of the students that I talked to, they are using, like discord for communications in game to talk to their friends or just hang out in game out of game, that kind of thing. So yeah, plus, like with pandemic, all my work is on the computer. I also do a form based role playing online, so I don't know if that counts, but it's all online writing. Okay. Yeah, that's all computer that's all online. Yeah, my daily life is basically here in front of my computer.

Rahwa :- How many hours do you on average spend on a computer in a day?

Interviewee-4:- That's basically around 12-15 hours. Wow. That's a lot. But if I'm not on my computer, I'm on my phone. Yeah. The only time that I'm not is if I'm sleep or I'm like Clicking, these are literally the only times. Wow, that's really sad. I mean, okay, sometimes what I'll do is I'll be in a meeting, and I'll like, put my headphones on. And it's usually just audio. So I'll do that. And then all my stuff. I'll just like be on a notebook or something like doodling or like, do things on paper.

Rahwa :- Have you had a chance to participate in the breathing sessions? If yes, how many sessions have you attended?

Interviewee-4:- Yes, so I did attend, I only was actually able to make it to one. One session, because of various schedules, just every week, there was like, the single another. So I only made it to the first one. Um, but that was nice, because it was a gave me an idea of like, the meditations and how to do that. And I think I watched a few other of the other recorded sessions. But not all of them, because things got busy. And I was just like, got lost. Yeah.

Rahwa:- What is the main reason you didn't participate in all sessions? What got in the way?

Interviewee-4:- it is because of the schedule confliction. plus at the time, I think sessions were. I forgot what time they were. But I remember it was like, early for me.

Rahwa :-How would you describe your familiarity with breathing techniques before you participated in this study?

Interviewee-4:- I'm not very much. Like I had done a few things like meditation things like with headspace, or upar? Like various app guided meditations, which included some kind of breathing elements to it. But in generally, no, generally not. Not very familiar beforehand. Yeah.

Rahwa :- Have you ever experienced any problems in the breathing session? Do you like or dislike the breathing session?

Interviewee-4:- No, it was a little bit long. I mean, like, the only one that I like, I or like, the few times that I followed, it was fine. It was it was good. It was a little weird for me, because I had like my giant headphones. And I was like laying on my bed trying to do them. Which was a little weird, because also from on my bed can't watching the screen. But no, it was fun. It was good. It was nice to follow along.

Rahwa :- From your point of view, what are the major strengths and weakness of the breathing sessions.

Interviewee-4:- Strengths, I liked knowing there was a community of people/ study participants doing it with me. Aside from the obvious it was a dedicated time to breath and recollect, I really liked knowing I wasn't the only one, and that sometimes other people got sore or sleepy. It was really encouraging for me. Weaknesses, Honestly 40 minutes was SO LONG for a breathing session? I think some days we didn't do the whole time (it's been a while sorry) but that on top of the presentation parts was just long and I was really jittery the first few times. I got better, and of course eventually decided I liked short breathing sessions best, but really just finding that time was the hardest part for me.

Rahwa :- What have you benefitted from the breathing practice? What positive impacts do you notice in your daily tasks?

Interviewee-4:- I'm definitely a little bit more comfortable with the breathing techniques. And that's been good. Because along the same time, I was getting therapy. And my therapist was basically working with me on incorporating these into like, small breathing, like sessions into like, my everyday life. And the study basically just familiarized me and made me more comfortable with the breathing techniques, but also was like different breathing techniques. Like not just like, breathe in, breathe

out. It was like the breathe in hole. Like, there was I think there was like one that was like three, like, exhaling and three. The reason I like that was not the first one anyways. yeah, I forgot. Yeah. But it was like it was stuff like that. It was like being aware there's more than one breathing thing. And it's becoming more comfortable and not falling asleep basically. In during my breathing exercise. Yeah. So that was it was good. It was because like, I already know there it's like, it's good. Like the breathing is good for like calming down. But for like, like just mood overall energy, but it was like, I had very little motivation to do such a thing because it was just like, it feels tiring and it's like, to me, it doesn't feel like that. So it just made me more comfortable, which is definitely good thing.

Rahwa :- As [interviewee occupation] how is your decision making in your day-to-day task? Have you noticed any improvement in your decision making since you have been part of the breathing sessions? If so, could you give examples?

Interviewee-4:- my favorite part of the study actually was the week by week themes and reflections. And this was particularly useful during the week that I was in the study was, I was, if I started getting very anxious, or very nervous, or just very stressed out during or after meeting or just like, overwhelmed by the number of tasks that I would have for me, basically I would like stop breathe focus on the reflection of that week. I think one of them, which is like, like something about how much sleep Have you gotten or like, or just being aware of different things. And it was just like, each week being able to focus on something new. And basically bring that part of the reflection into my daily life. The other thing was, because of the daily check in's or journal books, I would like write them down on paper, I wrote them off to my board, then I'd copy it in, like, every two weeks. But it was like what I was having a bad day. I would be like, I would basically be like, today's a four. And I would stop and be like, no today's like a five because like this good thing happened. And then when really good things happens. Like all today, it's like an eight. It's just like, I was more aware of like, things that are happy things like that. We're not happy things that maybe like cheerful or not. I was a bit more aware of like, it was really helpful, because I really started realizing like that the day is not one number.

Rahwa:- do you mean the scoring cheek list she give as in the survey?

Yeah, it was like, I would sometimes struggle to assign a single number to a day because that'd be like today I feel like a four. And it was a it was really bad. But then like, I would be like, but I got this writing done. I like writing. So I was like, but I got this writing done. Oh, when I read this article, and that's felt good. So I guess that felt more like a six or that felt more like a seven. Or like there'll be days that it'd be like today I was super productive and like or just super busy. So I feel tired now like I feel five but like during the meetings I felt like nine or something like that. guided reflection, I think those are the words that I would use. I that was my main, like, the best thing I liked about the study was the guided reflections on the theme every week. Like what I would do is on Monday, I will just like review

the PowerPoint that was sent out and like skim over the work book notes. And basically I have that in the back of my head as I went about the week. And then if I watched the Thursday recording sessions, it will usually over like the weekend I'll be like, okay, yeah, I just like leave it on in the background while I did things. So I don't know how much I actually took in but I did always review the slides that were provided. And I like to Always just like naturally be noticing like this I do and this I don't . I think there was when we empower standing postures it was in energy week things like that. But like doing power posture. Yeah, it's like taking, like, basically like, I remember that week very particularly because I realised that week, I was just sitting all day, like, literally all day. And so at some point when I like felt bad, I would just, like literally stand up next to it. And I'm, like, do weird things like wiggle. And then because I was already standing up, like, Oh, I should go and refill my water. Then, once I was downstairs, like walking around, and like, okay, yeah, that's that felt good, and then come back and be like, Oh, that was like, three minutes, but it felt like a little break. So a lot of it was awareness. A lot of was like just having something like it's really hard to think of wellness and think of personal wellness as like this one giant thing because there's so much that goes into it. There's like the sleep, there's the energy, and you're balancing that against like, work productivity, and like hobbies, like dreams and whatnot. Like, it's just a lot to put in. And even if you're just focusing on wellness, like there's food, there's like water, there's like, taking a break, have you breathe, but there's so much that goes in. But I really liked how each week there was something specific that we were focusing on, or something General, like, if it's just energy or something like that. I was more aware of like, Oh, what is my energy like? I remember a little bit of talking about decision making, I realized like, a buy my last meeting I'm tired and I can't make a single decision. And I'm just like, everything is a motion now. And I was just like, it made me like more like, I don't need to be making the small, like detail things. This are small things that like, I can just do anything for. I don't need to like get super hung up about them. Like, I have to make enough decisions. I'm going to make the big decisions that are actually like, yeah, and then the little like things, I don't want to stress over that much. I'm, like, I like especially on my creative writing, I like getting super into details and super into the weeds. I remember, just one day, I was just being really, really, like I got obsessively like upset because I was trying to determine someone's birth time not their birth date. I was like, I need or like, I was basically matching up like astrological signs, birthdays for times, and everything's to be perfect. I don't need to be making small decisions. I don't need to be freaking out about this. Like, there's enough stress in my life and stuff like that. So yeah, awareness. I really like themes.

Rahwa :-What is the most significant change you have noticed in your work since you have been part of the breathing sessions, if any? If so, could you name some concrete examples or occasions where this played out?

Interviewee-4:- I think it goes back to the awareness and the comfort level. A big part of it, I think, was almost normalizing thinking about my own wellness. And of course, it was something I was working on with my therapist. But it was like taking

the breathing and basically making yourself more comfortable with it. yeah, it was basically making this like, not a weird thing to think about, like at the end of the day or not a weird thing to basically take a few minutes on Sunday and be like, ah, like, I said that I felt like a four on Tuesday. But that was also the day that I had a massive headache and I basically did nothing that feels more like a one now. Or something like that. But also like or something like noticing my own patterns like moods or something because like, it was always like I would like right on my board, I'd be like, oh, today I started out like, this week started off every low. But then like, every good day, this is starting to notice like patterns in, like, how my mood swing being more constant, like the biggest. The biggest change, I think, since the study was being comfortable with, like, talking about my own movements or like tracking it and just having more tools to think about like, Oh, this is what's going on. I'm going to go look up Besides, again, this is a good thing I could do.

Rahwa :- Have you noticed any improvement in your problem-solving ability at work since you participated in the breathing sessions?

Interviewee-4:- It's definitely like, when I get stressed, like, So, okay, my, when I used to get stressed, like, it would be, like, I would like just flop on the bed, and basically, like, shut down for the night, and sleep it off, or just sit there and like misery and spiral and go downhill. Um, it's a little better now. Because like, if I get really stressed all like, stop, do like a little bit of breathing. And then like, talk through myself and be like, okay, like, like, here's what I need to actually decide or, like, here's, like, I'll like make a list of something like that. Um, I don't know, it was. I don't know if this is directly because the breathing study, but it was like, I definitely, like have better techniques for calming down and like, looking at the situation without spending like three hours freaking out.

Rahwa :-Have you noticed any improvement in the amount or quality of work/task you deliver? It might be per day or month, since you have been part of the breathing sessions? If not in the amount, have you noticed any improvement in quality?

Interviewee-4:- I don't think for quality that has changed. But the time it takes for me to do something has gone down. I think that's like, it's less a quality of work and more quality of life. It's not taking, like forever to get things done. Yeah, Oh, I've had to do a few videos in the last few weeks. And I would do like, between videos, or basically, I don't know if we would call it a breathing session. But it was basically up to like a breath. And like, calm down like that, that but that helped. For like, performances and public speaking kind of things. Yeah, I don't think quality of work, It was mostly that my efficiency and ability to do work, like my motivation to actually get this work done. That makes me feel like I've been doing better work. I feel like I've been like a better student. Because of that.

Rahwa :-Do you notice any change in the deliverability of the work (productivity) since you start attending the breathing sessions?

Interviewee-4:- Oh yeah, Like I said, I've been more motivated, more productive,

more able to focus on like, getting something done. I'm a very distractible person to begin with. I get distracted really easily and I go on like little, like rabbit holes. Or I just, you know, like, when I'm doing writing, I just get distracted by like, a Wikipedia trail. Like that. So, for productivity wise, yes, definitely like, since the study, it's been much better. I can at least like, get a few hours and focus in on something without, like getting super distracted. It's good. Yeah. Good. So that's a thumbs up.

Rahwa :- Have you noticed any positive or negative impacts of the breathing on handling problems easily?

Interviewee-4:- Yes, the short answer is yes, I'm trying to think of a specific example. Um, I don't panic as much I don't get as much. I'm very emotional in general. I'm, like, scented that way. But, um, it's been better. It's been better, like, dealing with that. And like, I'm trying to say this because emotionality is good. I think feeling is good. But it, it becomes bad when, like, it starts to overwhelm me. And I feel less overwhelmed. Or I'm better able to, like notice things before I get to that point, and do something about it. So I don't get to like fall off the proverbial cliff. I think I think a better option is like, instead of like planning ahead, because I've always, I've always liked making like plans. I'm never very good at like working on those plans. I'm still like, way more ambitious than I like. Like, I'm always way more optimistic and ambitious than I can actually deliver on. But, like, in terms of like, productivity, problem solving, it was like, noticing that my emotional state is at this point, and be able to temper that, um, before I like start spiraling to negativity for spiraling into, like anxiety like that. Yeah, it was, it's more like a wellness thing than a productivity thing.

Rahwa :- Does the breathing have impact on your perceived creativity? If yes, how so?

Interviewee-4:- that's a good question. I don't know. I don't think so. Um, but I only say that because like, I generally consider myself to be like, I do a lot of creative things. And I like doing creative things. And, like, not all creative things are like, creating original, like, content. But sometimes it's just like coming up with an interesting or elegant solution to something . Especially like research, there's like, if this is a logistical problem that's going on I can use this data, or I can do this instead or like creative ways of organizing things. So I think, I don't think so I mean my level of creativity has always been more tied to like there's always like, surges and troughs. And I'm used to the kind of waves and able to like work a consistent. but I think the one good thing about like the breathing sessions and is So, okay, so I do a lot of creative writing and creative writing. A lot of writers successful writers give the advice that no matter like writer's block is a real thing but if you want to be a professional writer, you have to be able to work through that or get some level of work done, even when you're not feeling super inspired. And so I think one of the things about the breathing session is not so much it's like, changed my creativity in terms of the highs and lows, but it's made me a little

better able to do work even when it's tire low. I don't feel like I don't spend, like my highs, super distracted, going off. But I can spend that high, actually getting things done or like, if things are low, I don't spend my entire time feeling bad about it. And I'm just like, Oh, I only wrote like, two lines today. I'm just going to take that as it is go to something else. Not freak out because that's better. Because I'm more noticing, like, my personal, how I'm feeling and how I like doing things. It's I'm better able to manage that when it comes to like my creative work.

Rahwa :- Have you noticed any change in general for example enhancement/or diminution in creativity and innovation?

Interviewee-4:- think the way that I put it before, it is the best kind of response to that it's more it's more just being, like, able to leverage and work through things. I'm trying to think of another example that might be better for this, um, instead of like, creating a creative writing, creating, um, let's see. nothing's coming to mind in terms of work. I think we have a session on listening. And listening, of course, was super important word like interviewing. So and I guess, I don't know if I would call that creativity. But like, there was always like, a more, be more aware that I'm listening actively during these interviews. I don't know that. That was stuff that I knew before, though. Not just during, like interviews, but like, like, and like, the reason why I was thinking interviews is because sometimes, like, I had noticed that I'm, like, able to dig, think of a creative way to like, weave in conversation topics. And like, do that control group? I don't know if that's just experienced with interviewing or, like, because of the breathing or because I'm feeling better in general. Yeah. Yeah, because I think midway through the study, I started on antidepressants and whatnot, which like, was wacky for like three weeks, and then has been better since But anyways, like, I don't know what configuration of like, conflict conglomeration of like, factors went into that, but I do feel like better at listening and being able to like creatively weave in questions and whatnot. I don't consider myself a particularly innovative person writing was like, my research is very have very stable. research interests is about education and like learning and Like, interactions, it's not like, I'm not doing like, I'm not the one basically making new VR technology or something like that. I work with people and I like thinking of ways that people are like looking at things. It's not like, creating new. I guess what I'm trying to say is I wouldn't say myself is like over like, unlike an innovator, creating a new thing. I think creativity is like I'm able to take the things that I know and bring them together in an interesting way. And so in that case, I would say yes, creativity and no innovation. But also like that is a very nice thing is that has always just been the way that I am. I'm always more bring things together that I know then come up with this new shiny new idea. If that makes sense, even if like the new thing that has been created is like new in a context. I see it more as I've put all this into it, instead of like, ah, here's like, a eureka moment new idea.

Rahwa :- Is there any experience or impact that you would like to share that I haven't asked you about yet?

Interviewee-4:- Yeah, no, nothing like comes to mind. I've said multiple times I think the most, the best thing for me from the study was the reflective. like, moments, and just basically even the act of writing down a number on a board and like reading a thing, like this is what I noticed. And this is how I'm respond to the prompt this week. I'm just that practice was good and I want to get back into it. But I'm also just like, how to how to do that how to how do I go back and do that? Like, I want like sober journal to do that, but it was just procrastinating everything. yeah. It was just nice to like, checking in doing daily check list and whatnot. Even for sometimes, like, a chore was a good chore. Yeah, it was a good experience. And I definitely like the I really appreciate all like resources that I got out of it. That was that was that was amazing. I just like skimming through the lists, reading through the slides and thinking through the slides, a workbook quiz. Those were really helpful. I think I want to acknowledge it's definitely like, a lot of different things in my life that happened over those 8 to10 weeks. Um, but I definitely think it was useful, and it was helpful for stress levels . Um, yeah. Do it again. Um, I don't know, half me. Like, I wish I could do it. Not in eight weeks. But like in different timeframe. That would be nice.

Rahwa :- Do you have any further comments for the breathing session? Ideas? Suggestions?

Interviewee-4:- Oh, I did before. Oh, it's okay. I wrote in the insert I think I'm a no I don't remember it off the top my head. But I do know that it was on the I did wrote write everything on the end survey.

Rahwa :- Have you continued using the breathing practice in specific situations, or regularly?

Interviewee-4:- Oh, yeah. I'm like, it's I basically will rotate between like different breathing like Have exercises that I know. So especially if it's like a busy day, like yesterday, I had like five meetings or something like that. And basically in between meetings, like just, I would close the, the discord and I was be jumping into another one just in that few minutes. I do like a short few breaths that way, just to reset. So I've like kind of changed, like, I'm not doing it for like 40 minutes at a time. like we did during the study. and what we're doing for like, long periods of time, but I brought like in the flow of the breathing into like, everyday kind of things. I like the topics better, it like the theme of the week kind of thing. And I remember it was like starting week five, which like, Oh, I'm surprised that like, there's even more to this than like sleep and productivity and like energy and whatnot. Like there's even more that I didn't think about. I liked themes more. But I say that with a grain of salt, because I've always been more like a like I went in more excited about the themes that I did about like the breathing.

Rahwa :- Would you recommend it to a friend or colleague who is affected by stress?

Interviewee-4:- I have Yeah, especially when I first joined. I was just like, Oh, she

did this with me. And then I have a few friends that was like, oh, Like , I've shared that link with I don't know if they like joined. But um, but have I have shared it with friends. Rahwa:- At what time do you think is good to have the breathing session in the morning or in the evening in order to be productive on your work or in your daily task ?

Interviewee-4:- I don't know. Like I said, I, the way I've been using it is I'll like adapt a bit of it and just put it into my like, in between things. But then again, like, I don't do, or, I mean, like, sometimes if I'm finding it hard to sleep, I might do that. Yeah, yeah. So I guess I would say night time or like, Yeah, probably done night time.

Rahwa:-Thank you for sharing your experience and for give me your time again.

Interviewee-5

Rahwa:- Please can you introduce yourself (Education, Occupation Country of residence).

Interviewee-5:- Okay, well, my name is Interviewee-5. And I'm currently living in Mexico, that is my home country. I came back on almost four or five months ago here, because I was living before in between Sweden and Norway. And well, I'm recently graduated from a master's in social work. And well, what else I actually found this rice to flow course, suitable for me, since I'm working a lot from the computer. And probably because I'm in this period where I'm looking for some opportunities, and I need to dedicate a lot of time in front of the computer. I'm currently collaborating with some colleagues here in Mexico, has a social worker has have writer in some magazines. But it's not like any formal jobs. Has I said, I'm looking for some other opportunities. And I think my most important commitment now is with a PhD application. Because I want to pursue a PhD in a Scandinavian countries. And well, officially, I'm unemployed now. But I'm actively collaborating with some co workers from previous jobs and from previous experiences, like professional experiences.

Rahwa :-Could you please elaborate how your daily work is related with computers?

Interviewee-5:- well, I think at this point, I'm still kind of disorganized in time. I started working on PhD applications since technically since the last year, but formerly, I would say, from March this year. So I've been working for the last three months, a lot of time in front of the computer. I usually spent probably more than eight hours, not in a role. But in my whole day, I sit down in front of the computer, I usually read and look for work, I do a lot of literature searching for my terms, and my themes and my topics that I'm trying to develop. So I usually sit for, I don't know, at least two or three hours now in a row. And then I don't know cut for going to snack for going for a snack or just to have a walk inside house because of COVID situation. But I'm now more free to go out and have some works outside. Steel

is not released here in Mexico City, because you do not have these beautiful green spaces has probably another priority of the world. I have green spaces, but I need to look for to go out and look for them. It's not like probably has in Sweden or Norway, or your go out from your house and then you are in the forest. You're already in the forest outside your house. So yeah, I'm trying to cut the spirits of work in front of the computer with walks or, well, of course, take my meals and too sometimes just to cut down the work and watch a serious but I think probably I work in front of a computer more than eight hours per day. Just like reading and writing basically.

Rahwa :- How many hours do you on average spend on a computer in a day?

Interviewee-5:- I would say that sometimes probably even I think not more than 12 .but between 8 and 12 Okay.

Rahwa :- Have you had a chance to participate in the breathing sessions? If yes, how many sessions have you attended?

Interviewee-5:- Yes, I attended. I think it was six sessions, live sessions and then I attended one recorded session. And I missed one.

Rahwa:- What is the main reason you didn't participate in all sessions? What got in the way?

Interviewee-5:- I think? Well, I think it's, it has to do also with my, like, to start a new routine here in Mexico, because I used to leave all by myself, in Sweden and in Norway where I was before. And then here, I came back to my parents house. And now well, not, not right now. But now I'm sharing the space with my mom, my, my dad and my sister. So I found quite difficult to be all by myself. And that session, what was one of those days that I mean, I was kindly like free on time I didn't have anything too special to do. But just like the rush around the knee, and the noise and everything, I quit that session, and I said, Okay, I'm gonna record it. Actually, I recorded on my phone, the only audio the audio and I tried to do the session after work, but I couldn't. So I felt like it was like a missed session, because even though I recorded and I tried to do the exercises I didn't manage to do that.

Rahwa :-How would you describe your familiarity with breathing techniques before you participated in this study?

Interviewee-5:- Um, well, the specific technique that Bridget showed us, I didn't know about that a special technique of breathing. I have tried to dawn before, to do before other kind of breathing exercises, but did specifically breath with Well, you know, like, chest inhale and stomach inhale, and then I never tried. So actually, I think the first two sessions I struggle a little with, with trying to keep the pace and the rhythm of my breathing. And I actually Well, I probably did it well, but I actually never know if I was doing it in a right manner. So I hope so. But, um, but yes, I was not familiar at all with this specific technique. I was kind of familiar

with other with meditation and exercises of reading, but not the specific technique.

Rahwa :- Have you ever experienced any problems in the breathing session? Do you like or dislike the breathing session?

Interviewee-5:- Well, not problem, I wouldn't say that it was a problem. But I remember the first session in the very first session the feeling was pretty amazing. Even though I was not familiar with breathing and I didn't know if I was doing it well, and all these factors, I could felt this feeling of well, first like ants on your skin. And then I remember one moment of the session where I kind of disconnected of my for myself. I think actually in that session, I asked during the live session, if How could I differentiate the feeling of being sleeping and being meditating. And well, Birgit at that moment she answered it very clearly for me. But I mean I asked for that because it was kind of weird for me this feeling where I didn't know if I was completely meditating or completely sleeping or in the middle. So I think that was actually the most awkward feeling that I felt during the exercises. And it actually felt really nice. And I tried to do the same in in future sessions. But I didn't feel that I reached the same feeling in any of the other seven sessions. But in that, the very first one probably in two and three, I also feel like I also felt really nice feelings, but not the same feeling that I could reach in that first session. in one session, I actually fall asleep. I fall asleep. So I think it and it was actually probably one of the last sessions. So I remember now that then, in that that day, I said to myself, Oh, now I know, what is the difference between being sleeping and being meditating? So probably in the very first session, I was kind of like in the middle. Because when I fall asleep, of course, I think I stop listening the session. And I was just like, listening like, blah, blah, blah, blah, blah. I didn't understand anything from what the Brigit was saying. But yeah, I think in that in where I, when, when I fall asleep, I realize that the difference between the two feelings, and I said like, okay, now I'm sleeping for only the first session, I was meditating. So I think it was useful because of that. In general terms I only not like it, but I enjoy it. And I'm, yeah, I tried to follow other sessions and other material that also Brigit submitted to the online website. So I tried to do that for some time. Now I'm not doing it anymore. But I, but I'm still listening like this relaxing music that she also showed us through the sessions. I'm not doing exactly the breathing. But I'm trying to, to switch down myself at the end of the day before going to bed and listen to music. So yeah, it's in general, it's an activity that I really like it and I enjoy it a lot.

Rahwa :- From your point of view, what are the major strengths and weakness of the breathing sessions.

Interviewee-5:- Well, for me, to me the strengths. I consider myself not a person that is very close to meditation or, yeah, probably, there should be a lot of people that is really close to these kind of exercises. But for me, it was a very friendly course that I enjoy. I mean, the familiarity, and Birgit was able to explain some terms like really clear, even though they were like, probably not really easy to explain. And I really like that, for example, I really the PowerPoint presentations with only

these simple bullets, with easy words and with easy steps to follow what is your recommendations? So I think in general is a friendly course is a friendly practice for people that are not really close to meditation and breathing exercises. I think another strength is probably the time and well, but I feel that it's easy to follow these kind of courses with this time, and the fact that it was a course, a live course. But it was not a recording. I think that well, in my case, I enjoyed more depth than when I needed to record the session, for example, it's not the same well in this era, or is COVID times. I think being not in presence is already a challenge. But when at least you know that other people is connected at the same time than you I think these live sessions are pretty well, they are a strength. And well, I don't know but probably this is for me. And this is a personal test. But I really, really ,enjoy for example the voice of Birgit boys and the flow and I declare myself not competent to do these kind of things. Because I think you need like, actually, you need like that kind of voice and to keep a flow and to invite people to meditate . And to match your voice with the music and with the sounds and everything. I think it's not that easy. So I see that has strength the voice of Brigit is really nice and really friendly for this exercises. And in general, for me the challenges or difficulties during the course was well, they were I think the time to follow the time because it was in a very friendly time for me here in Mexico. I think it was around one in the afternoon. But well, first for me the challenge was of course to find myself completely in peace and with anyone that interrupt me at that moment. Because I don't live by myself. I think what for me the challenge it was not about the session, but about the whole process was definitely to follow them daily the journals. I was not able to fill out all the journals, I knew and I recognize that Birgit from the beginning she said like oh, it doesn't matter that you didn't have like a huge event in your day because it's not like we everyday have like huge days to share huge things to share. But it doesn't matter you just write it this sun light was beautiful, just write that. But for me was not that easy. For me was not that easy to stop in my day and to sit in front of the computer and write about my day. I think the follow up journal was one of the most I wouldn't say that he said weakness of the course because probably is one of the strengths but I found it has challenge and not easy to follow the journals. And additionally, the weekly service, so I think it was easier for me to follow the weekly service and then I can well I could at that moment to write about my whole week that probably you find more events were important to sure, then share daily events in a journal. So I think because of the lack of time and on but most importantly because of the lack of experience that I never found. Like interesting to share. So yeah, I think sometimes or some days I just wrote like, Oh, it was nice a and well nothing happened. But yeah, I ate a good breakfast or something like that. So I think I found really difficult to find the I mean, I know and I acknowledge myself as a privileged person for the situation I'm living now but yes, I found it difficult to sit down and read it and reflect about how beautiful my day had it been.

Rahwa :- What have you benefitted from the breathing practice? What positive impacts do you notice in your daily tasks?

Interviewee-5:- Well, I think the benefit for me is that now I was able to approach

to a technique that I didn't know before. I think these course open the door of meditation, for me, at least in a more formal way. So I think that is a benefit. I think also, the entire course opened like a new possibilities for me to look for more information. And not just to keep working on these kind of exercises, but other that probably could be also suitable for me. As I said, I'm not doing it often now. But I think I'm doing it more often than, than before the course. Probably before the course, I was used to listen this relaxing music and trying to breathing exercises, probably I don't know, three or four times per month. And now I'm doing it not the breathing, but the music and trying to relax and everything. I'm doing it probably three weeks, for three days per week. So that means that my Yeah, my contact with this future of meditation raised a lot since the course the Brigit course. And well, I'm also I don't know if that's direct impact or effect of the of the breathing course. But I'm also trying to organize more my day and to take advantage more of my time. And I'm trying to identify the feelings that we receive have recommendations. So yeah, I think in general, the course made me contact more with myself and my spirit of trying to do better some things. So I think, yeah, it's not probably like tangible of course effect or measurable for me. But I can see some I'm able to see some changes, even though they are probably small. In my life I can I can see them.

Rahwa :- As [interviewee occupation] how is your decision making in your day-to-day task? Have you noticed any improvement in your decision making since you have been part of the breathing sessions? If so, could you give examples?

Interviewee-5:- actually started to see some changes. What will I know I don't remember now when the Brigit sessions stopped/finish. But I think the changes are just like probably in the last two weeks. So probably like something that remains from the from the Bridget's course. I think changes in decision making, I could say probably the distribution of my time along the day, I'm trying to be more organized. Because as I said, I'm struggling with that right now. I think especially because I'm a person that usually work during nights, I'm more productive in night. So that's a thing that I really enjoy. But it's also like, I think we're that I really struggle with. Because, of course, people life during the day during night has me. So I think that's one of my main struggles. And but I'm trying to respect that because I know myself and I know that I'm more productive. And I don't want to change that. But I'm making decisions on the distribution on that. probably, to be or to organize my time before, start working after 8 in the night in the evening. 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 and I found really difficult to follow that pattern and to respect for myself. So I think one example would be that like to respect times for myself, this course were presented a while during a 8 week's time for myself. And after the course, I stopped giving time and in that way. And now since some weeks ago I start again trying to respect these times, at least to exercise one hour per day or to go for outside walks with my dog. And I'm trying to focus on respect that time for myself. So I would say that the decisions make a decision making process is inside or along with this decision of give self time.

Rahwa :-What is the most significant change you have noticed in your work since

you have been part of the breathing sessions, if any? If so, could you name some concrete examples or occasions where this played out?

Interviewee-5:- Well, I think the change probably the willingness that I have now for making changes, probably know that changing the changes itself. But I think I'm more conscious 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. And additionally, of being more conscious, I think their willingness to change is a change. So yeah, I think it's a process also. And now at least I acknowledge the, probably the mistakes and the good things. And for me that well, that is the very first step. And then the second step is to want to change the things that I really want to change. And probably now I'm in the process of changing and of accommodate and reorganize my time and my life and everything. So I think, but I would say that probably the recognition of these things, and the willingness of change, those things are part of the results or are like outcomes from the course.

Rahwa :- Have you noticed any improvement in your problem-solving ability at work since you participated in the breathing sessions?

Interviewee-5:- In problems problem solving? Well, I'm unemployed right now. So I don't know if Well, I think probably these ability or this skill of problem solving is not one of the mains that I'm facing right now. But of course I like I face problems every day. I think they are more blunt problems with myself and my surroundings. But yes, probably, I would say that priorities things, is a problem that I face every-day, even though I do not need to now assure spaces or opinions or things with other co workers, because I'm not at that stage of my life. I'm still taking advantage of problem solving abilities to face my PhD application processes or So yeah, I would say that probably priorities. And see or being able to see in front of me, what really is a problem or what is not? And what is part of the process? So yep, I would say that probably prioritizing it's, or being able to prioritize and to see and say like well, this is the thing that I need to solve right now. And this is the number one and then the second, the third, the fourth. And I think that it's part of my solving problem solving skills now. And I'm trying to do better in that in that field of my life.

Rahwa :-Have you noticed any improvement in the amount or quality of work/task you deliver? It might be per day or month, since you have been part of the breathing sessions? If not in the amount, have you noticed any improvement in quality?

Interviewee-5:- Yeah, well, actually, I probably that one is one of the most areas where I could see changes. I don't know how to describe it exactly. But I've been working during over the last three months, a lot in this reading and writing process. But even though I can spit or I could have spent 12 hours in front of the computer, I didn't feel productive. I ended up the day, saying like, Oh my god, I did nothing. And that's horrible. Because you know that you were 12 hours in front of the computer. And having this feeling of deep nothing in 12 hours in front of the computer is horrible. So, I don't know, I think it's probably like a vicious circle. So

then I realized that this feeling is because I'm not organizing my work. And even though I can spend 12 hours in front of the computer, I didn't want to end my day saying I did nothing after 12 hours in front of the computer. So yeah, I think now I stopped feeling that Well, sometimes, of course, 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. I need and I think it has to do with the other things that I already mentioned with priorities. We're trying to organize my time. And yes I has been trained to respect self times. Because probably in paper, you will now I can see that probably I do not have a lot of progress. But I feel more progress in other areas of my life. So I'm not focusing 100% of the time that I'm spending on the computer. So I feel that I'm trying to Well, I'm reaching that more relaxed feeling and more calm and this feeling about being productive everyday. So yeah, I feel in that way that I now I do not end up the day, saying oh, I did nothing today. You're more productive and more organized. 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. Now I'm not like, I don't need to cover for example, a time or I don't need to attend an office. But I think the balance between the work that I do and the work that I deliver, I'm finding it I'm trying to figure it out how to find that balance. Because sometimes I do not deliver a lot of work, but I'm being very productive. And in my case, of course there are many cases and we have a lot of different tasks and different jobs. But in my case, now I don't feel that my that the amount of or the level of productivity is related to the things that I'm delivering. So yeah, I'm trying to find that balance. Because now, the work that I do every day do not necessarily and all past something that I deliver. So I'm trying to find that balance.

Rahwa :-Do you notice any change in the deliverability of the work (productivity) since you start attending the breathing sessions?

Interviewee-5:- to deliver work I already mentioned. But productivity yeah, broadly the productivity is more or less the same relation then to deliver work, because now probably in terms of amount of work, or in terms of amount of words that I write every day I'm not super productive. I'm not trying to, I'm trying not to measure the productivity in that way, like, in amount of words, or in amount of papers that I read every day. And I don't know how to explain it exactly. But I think the productivity that I'm having right now is how productive I am for organizing my day, for example. And then I feel more and I realized that I feel more productive if I just really committed with eight hours of work. And then I forgot about that work. And then I shared time with my family. And then I move on, and I watch series. So I think the productivity now is because I know that I finally need to meet some deadlines and meet some applications and everything. And I usually do well in that way. I never for example, miss a deadline or anything similar. But there's stress and the things that come before that is like a Another world for me, because I think that time is the time that I need to organize. So I know that I'm going to end up delivering my application and delivering my work or delivering my collaboration, or whatever. I mean, for like this delivery thing. But the process before is the probably

the heaviest for me. So I feel more productive in terms of organize that time before to deliver something. And that yes, I think that it's a very, like, positive way to see my productivity you know, to be able to organize this time before the actual task.

Rahwa :- Have you noticed any positive or negative impacts of the breathing on handling problems easily?

Interviewee-5:- Well, I Immediately I do not identify any negative impact on handling. I would say more, they are more positive. I think probably that's one of my many struggles to handle problems. Because I know that compared to problems in the world right now, probably minds are not that important. But yeah, I think well, I'm probably one of the main reasons to enter this course. It's my low ability and my low skill, to be patient. And to live in the future. I wanted to stop doing that, to always keep like living in the future and what is going to happen? And what is the next step for me? So I think I'm still struggle with this feeling. And these, like daily thoughts about oh, my God, the answer is not coming. And I'm not I'm not making to the interview. So I think probably the, the hardest part for me to work. And, of course, I mean, it's the hardest part to work for me. And that's why I attended this kind of courses. So I think probably the part of my life and the part of myself that the course and the breathing exercises, less touched. Yeah, but I know that it's not, because the course was not good. It's because it's a hard part for me to work. So I think, even though I can take or I can attend other courses and other sessions and other meditations, it's still now it's a very hard part for me to work. So I would like to say that I see more benefits in that way. But I didn't, I cannot see a lot of changes in that way. I think I need to still keep working on that through meditation through breathing exercises. Because I think is the hardest part for me to work through any kind of exercise that I do. So it's probably the less benefit area of my life that the course thought this Yeah, this part of the I need to work this, I think the course not this one, but the other courses that I have, or other exercises that I've been trying to do is like the, the hard-shell for myself, this area of my life.

Rahwa :- Does the breathing have impact on your perceived creativity? If yes, how so?

Interviewee-5:- I think that's an area that I haven't learned thoughts a lot. I think I consider myself in general terms has a very creative person. So probably on the contrary from the last area that I mentioned, probably is one of the I think is one of the parts of my life that I need to give maintenance but not necessarily to work on being creative because I already feel a creative person. So I don't think I struggle a lot with this part of my life. And probably the I haven't thought about how the impact of the course was in relation to these parts of myself that creativity and all these things probably helped, it helped to maintain it's like a daily maintenance like in a machine. So I think to be able to maintain I do not take for granted that you are a creative person and that you have creative ideas for I think this kind of courses helped to give this maintenance that you need to keep your strengths has in my case is creativity.

Rahwa :- Have you noticed any change in general for example enhancement/or diminution in creativity and innovation?

Interviewee-5:- well, no, I think it's related to the previous to the previous question. Probably I mean, it's good that I have not lost the feeling that I'm a creative human being. It's nice to know that I'm still can think about many things. I think that way is a change that I because of course, probably it couldn't be like that. It could be different. It could be that. For example, I feel like I'm not creative anymore, or I'm not, I'm struggling with new ideas where I'm struggling with new scenarios. And in that way I'm very clear, but my in that area. So I wouldn't say it's a improvement or at all that I have enhanced these areas, but that I have maintained, and that's good, because I'm not struggling with that right now. So I don't need to dedicate a lot of energy in that areas of my life. I think it's kind of difficult for me to see the difference between being creative and being innovative. Yeah, I do not see the difference. And I don't want to start theory sizing right now about the difference? But I think probably I would say that being more creative for me it's like a daily task that I need to face and that I feel like do well in that area. And being innovative I think probably I, well now that I heard the word itself, I think innovative it has more to do with put new things in the world. And probably I struggle more with that than creativity. So but yes, probably the improvements are I think now might my task are really, really related to put new things on the desk and to well, in my case I'm talking about creative projects that are innovating these way. Yeah, probably the innovation is an area that I need to work more on that. But I never thought about that before between the difference and between creation and innovation. Not that you mentioned I'm gonna think about that. But yes, I think it's an area that it's kind of easy to work for me. Probably a struggle more with being innovated than creative. But still is something that probably if I keep working through breathing on through meditation is probably an area that it's not going to be that difficult for me to improve and to enhance at some point, I guess.

Rahwa :- Is there any experience or impact that you would like to share that I haven't asked you about yet?

Interviewee-5:- I think No, I think I do remember well, this I think that was the most words. experience that I had the one that I said at the beginning, the when I didn't know if I was meditating or sleeping. And then in the in another sessions, I fall asleep. And then I feel like, Oh, this is what I'm feeling now. So now I think that was like the most important experience for me along this Birgit course. So I don't have anything to add right now.

Rahwa :- Do you have any further comments for the breathing session? Ideas? Suggestions?

Interviewee-5:-

Rahwa :- Have you continued using the breathing practice in specific situations, or regularly?

Interviewee-5:- Not the breathing but the music? And I haven't checked, it's on my to do list now? Well, from before, not necessarily from this interview. But it's because I think Birgit mentioned something about having some short sessions about, I don't know, 5 ,10 or 15 minutes. That is what I'm looking for right now. Because of course, I do not have time now for to dedicate one or two hours to meditation. But I would really like to continue with this reading sessions, but in short versions. So probably, if I can find sessions of 15 minutes or 10 minutes, I'll continue doing this.

Rahwa :- Would you recommend it to a friend or colleague who is affected by stress?

Interviewee-5:- Yeah, sure, sure. I am, I will recommend it a lot. I was not personally really convinced to, to take this course. Because I have always felt more like a person that des-stress in a more active way. Like you're running or doing a lot of exercise or Yes, like movement is what I feel that this is freshmen. So to keep, to take time and relax and everything. And that's, for example, the reason why I don't like yoga, you're safe. I found I find it like really kind of boring, like, Oh my god, I want to move. But yoga exercises and meditation. I think I already gave a lot of opportunities to yoga, and I definitely know, knowing yoga, but I think meditation, I could say that I will give more opportunities to other meditation and breathing sessions. So I'm going to find short sessions for keep exercising my lungs and my mind. And, and yes, hopefully, I managed to find this time for myself at least 15 or 20 minutes per day for meditation.

Rahwa:- At what time do you think is good to have the breathing session in the morning or in the evening in order to be productive on your work or in your daily task?

Interviewee-5:- For me, it's more useful in the evening. But I know that a lot of people like to meditate At the very beginning of their days. I would like to be that team the day team. But I have also tried and I don't find it I probably relate more meditation with and breathing with this shutdown that you give to your body. So that's what I do not find. Also, Birgit mentioned something like oh, you can do this has to activate your body and everything in the morning. But I don't find meditation has that part of my day to activate, I feel more like to slow down. And just relax and finish your day with exercises of meditation and breathing. So I really admire people that do these for starting their day, because I cannot I have tried, but I don't find that gap in me, I think immediately I wake up and I opened my eyes, I want to be active not to keep relaxed because I came from sleeping, so I don't need more. But of course, I know that that a lot of people do need to start the day, their days. But in my case, I find it more useful during the night. And probably that was one of them the things that for the different times. Sometimes I need to adjust for the sessions, because it was just in the middle of my day at one in the evening in the afternoon. So yeah, it was work for me to do it at that time, because I woke

up and then I started my day and then like stop, and then meditate and then to continue my day. But I mean, I knew it was just like eight weeks, and that was fine. But if I need to choose, I chose for example, their recorded session that I did, or that I attend their recorded one. I did it during the night before going to bed. So yeah, I definitely found it find it more useful in the Billings.

Rahwa:-Thank you for sharing your experience and for give me your time again.

Interviewee-6

Rahwa:- Please can you introduce yourself (Education, Occupation Country of residence).

Interviewee-6:- Yes My name is Interviewee-6 Rosenquist and I live in Sweden. I work as an IT consultant and been working for soon three years. And before that I was at school at linchpin University. I have a master's in design and product development. So I studied for five years there. And now I live in Stockholm, where I work at this consultancy firm.

Rahwa :-Could you please elaborate how your daily work is related with computers?

Interviewee-6:- Yeah, I'm a designer. So basically, 100% of my time is working at the computer. So lots of teams and zoom meetings and interviewing clients just trying user testing and stuff. So lots of that.

Rahwa :- How many hours do you on average spend on a computer in a day?

Interviewee-6:- Yeah, I would say workwise It's 8 hours. It's always at the computer. But then we usually also with my consultancy firm, we have events during night. And now since Corona, they are also they are also digital so basically done a few times a week, we have 2 hours, events of the work where I also sit by the computer. So 8 hours normal day, 10 hours, one or two times a week.

Rahwa :- Have you had a chance to participate in the breathing sessions? If yes, how many sessions have you attended?

Interviewee-6:- Yes, I did. And I attended live sessions, I missed two sessions. Yes, it was two I missed them. One of them I watched afterwards, the other one I totally forgot about.

Rahwa:- What is the main reason you didn't participate in all sessions? What got in the way?

Interviewee-6:- In one of them, I was actually away with family holiday. So that time was the time that I actually was able to see it afterwards. The other time, I don't remember why I missed that one Really? there was some kind of event with

a friend I think, I think a friend was visiting that week, something like that. It was a Thursday to Sunday she visited. So yeah, it was basically just family just having time to actually be sustainable with family and friends. I think yes.

Rahwa :-How would you describe your familiarity with breathing techniques before you participated in this study?

Interviewee-6:- I have some short, like I've been doing this headspace app. So I've been using that a lot to be able to go to sleep. And but there it's like only short breathing exercises. So I never I have never ever done a breathing exercise that is this long. So I've been experiencing short sessions, but never this one. So that was really cool.

Rahwa :- Have you ever experienced any problems in the breathing session? Do you like or dislike the breathing session?

Interviewee-6:- I really liked that. It was only one time when I don't know if it was like, supposed to be like that. But one time the sound didn't It was off. And that time I was like, yeah, and that time I was like, No, wait, I can't focus. I was like, my brain was so like, I know what music is coming up now. And then it was like, No, there's no music. Should I tell her should I do this and I couldn't stop thinking about that. So it wasn't really able to relax that time. But that time also was the one that I actually when I found I really got to relax, that I fell asleep, because I don't know if it was so much. So I was afterwards thinking ,I wonder if it looks in the zoom meeting that I'm actually there still, but I'm sleeping because I woke up and half hour after the meeting was closed and I was like, how long did I sleep?

Rahwa :- From your point of view, what are the major strengths and weakness of the breathing sessions.

Interviewee-6:- strength, I feel like it was really powerful to like you be able to feel this tickling feeling that my body was experiencing, I thought that was super scary the first time but that afterwards, I was like, Whoa, this is an out of body experience. And it felt like afterwards, I was so calm. And I thought it would affect my sleep that I've been like relaxing so much before sleeps, I wouldn't be able to sleep. But I slept really good those nights when I had that breathing exercise. And other than that negative I don't know if there would be any negative actually, from my point of view. Nothing that I can come up with now, I think. Except those times when it really when your brain is like, just going away, then it's just okay this doesn't work today. So think, yeah, you need to have an acceptance yourself that sometimes he won't work.

Rahwa :- What have you benefitted from the breathing practice? What positive impacts do you notice in your daily tasks?

Interviewee-6:- I think the I actually felt like, the days after I was a bit more relaxed,

I was more focused at work. I don't know if it was the breathing exercise, or if it was those tips that we got during the whole sessions. Like the shaking thing is tough. But I felt like I had really good tips to work with during day. So I could feel like the whole course at least gave me some impact. But then I have no idea if it's the breathing or if it's those smaller actions.

Rahwa :- As [interviewee occupation] how is your decision making in your day-to-day task? Have you noticed any improvement in your decision making since you have been part of the breathing sessions? If so, could you give examples?

Interviewee-6:- Yes, I actually, or at least for me, she talked about having this kind of like intentions to meetings and stuff. And when I have a meeting where I really need to be focused and need to be the one deciding stuff, I usually get really, really nervous. But 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. So that I feel have had an impact of me. And I've been recommending that to all my friends. So that was really good. And 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. So I don't do all day back to back and block my calendar. So it's kind of a decision making to be able to do that to decide if I should really join this session or not then decide this and that so yeah. Rahwa :-What is the most significant change you have noticed in your work since you have been part of the breathing sessions, if any? If so, could you name some concrete examples or occasions where this played out?

Interviewee-6:- Yeah, the last example is really one of them. But also, I feel like it's this course has really given me like I felt a bit empowered afterwards. Because I've been able to share. We have a lot of sessions at my work about sustainability at work and I've been able to like talk about these exercises that we have done we Brigit what I thought was good. And a lot of people get inspired by that. So it's been really good to be able to help people. But yeah, in practically It was really the shaky thing has, It was surprised me really. And also this with walking, like when you walk through a door or something that you actually, okay, stand up and breathe that you actually do that. It's good when you create the habit.

Rahwa :- Have you noticed any improvement in your problem-solving ability at work since you participated in the breathing sessions?

Interviewee-6:- I don't know. I'm not sure if I noticed that. It's a bit harder when we're also always online nowadays.

Rahwa :-Have you noticed any improvement in the amount or quality of work/task you deliver? It might be per day or month, since you have been part of the breathing sessions? If not in the amount, have you noticed any improvement in quality?

Interviewee-6:- I think I was a bit more effective while I was doing this course. I think I was able to prioritize better and do stuff. Like, okay, I don't need to spend

this much time to actually do this thing. I know what gives, like, this is the part that actually gonna give an impact. So I think during that time, I was really, I think it was really doing good at work. But now afterwards, I haven't I don't think I have. I haven't done so much breathing exercises. And right now it feels like it's basically what I usually am. So yeah, I felt it during the course. Yes, I did.

Rahwa :-Do you notice any change in the deliverability of the work (productivity) since you start attending the breathing sessions?

Interviewee-6:- Yeah. Okay. That was basically Yeah, I feel like it's the productivity is that the thing that has changed. I think it's better, like for me, I value more to take a break now. And actually, okay, I work effectively now. 15 minutes, and then I have 10 minutes, I take a break instead. Or Yeah, dividing the work up so, I think that's really good. So that I can see the big change actually.

Rahwa :- Have you noticed any positive or negative impacts of the breathing on handling problems easily?

Interviewee-6:- Yeah, when it comes to the meetings, like 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. And I've been able to like, Okay, this I'm gonna do this now and I have this intention with this meeting. So yeah, I feel like that is it is at least opened up for me. I realized that I was that nervous. I didn't really like before I just accepted. This is how I feel but now I'm like, Okay, now I can do something about it.

Rahwa :- Does the breathing have impact on your perceived creativity? If yes, how so?

Interviewee-6:- Yeah. When 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. So yeah, in that case, yes, I would say so.

Rahwa :- Have you noticed any change in general for example enhancement/or diminution in creativity and innovation?

Interviewee-6:- Yeah, but I feel like, that's actually yes, I do feel that it feels like when I do when I do relax and like, fine, okay. I don't need to stress up about this. And I need to take a break. And when I actually doing workshops now like, okay, now we need a break, to actually plan for breaks in workshops with others also to be able to be creative for the whole time. Yeah, so yeah, it's a difference.

Rahwa :- Is there any experience or impact that you would like to share that I haven't asked you about yet?

Interviewee-6:- But I felt it was really cool. Actually, when we were doing the course

when it was digital, that we were able to actually create bond, like it felt like a really safe space. And a lot of people shared really, like tough stuff. And you have never met these people before. But you're a lot of people were talking about how they were struggling and what they were struggling with. So that felt I was really impressed that you were able to create that kind of like connection and safe space. So that was really something that I thought was so cool. And, and yeah, I really liked also, as I said before, the music in the sessions they really, they really was the thing that also made me like, okay, I relaxed because I couldn't hear all the stuff. I was like, okay, music and Brigit's voice. Yes. So that was really good. So and I did enjoy like, having this kind of that it was recorded was really good. Because afterwards if it was something that you really wanted to know more about the new went back and looked at the video afterwards. Like I that was that she was saying because otherwise I wouldn't sit in there with notebook and like taking notes all the time. And then he was being like, waste the time that actually listening. And I thought it was really interesting session about the listening. Like how you listen to people. I thought that was really like, I haven't thought about before. So that was something new for me.

Rahwa :- Do you have any further comments for the breathing session? Ideas? Suggestions?

Interviewee-6:- No, I think it was what I mentioned just now. I think it's also very good that that website is up. So you can actually go back because as now I forgot to do my breathing exercise. And I was like, okay, it's a reminder. Okay, go in there and see the tools are there.

Rahwa :- Have you continued using the breathing practice in specific situations, or regularly?

Interviewee-6:- The long breathing session I haven't done but now that I think about it, I would really like to do it again. But the shorter breathing exercises and there are things like walking through the doors and like okay, really actively Think about it. Those I have done but, not the long session no.

Rahwa :- Would you recommend it to a friend or colleague who is affected by stress?

Interviewee-6:- yes, I have already done that. So yes, I actually spoke to HR at my consultancy firm and said like, I thought it was really cool that the safe space that the big it actually created. And I thought that all these sessions are so relevant because a lot of us that our work is a lot of high achievers , over achievers, and a lot of like imposter syndrome all over all of us, I think. So It's really important to be able to have these tools, even if you're not in the world now. But you're running towards it. And then this thing takes you back and like okay, land again. So yeah, I already recommend it.

Rahwa:-Thank you for sharing your experience and for give me your time again.

