

**Table 4. Themes Arising from GP Responses to Open-Ended Questions, with Example Quotes**

<b>What was most helpful about the course?</b>	<b>What was most challenging about the course?</b>	<b>Are there any differences to your work life that you would like to describe as a result of doing the course?</b>
Gaining new understanding/ perspectives “noticing more how our mind works”	Finding time / developing a new routine “ability to find time on a regular basis”	Feeling less stressed/more relaxed/patient “Yes I am much less stressed at work”
Practical tools/techniques to manage stress “learning to do three minute meditation when stressed at work”	Contact with negative thoughts/ feelings “negative thoughts”	More aware of negative thoughts/ feelings and able to manage these “I notice how I am feeling and reacting in consultation and make me pause and rephrase things”
Time to focus on my own needs “time for myself”	Practical barriers (e.g. fit with family life) “eating mindfully not able to do with a family”	Changes to work routines “I am taking a short break rather than working all the way through from 8 am to 6:30 with no break”
Meeting others/ sharing experiences “meeting new people with a similar background experiencing similar problems”	Overcoming negative preconceptions (self/others) “getting over preconceptions of meditation”	Increased compassion/ empathy (self/others) “I have the ability to be empathic again”
Improvements to work/ home/ family life “improvement in life/work balance – better quality family time”	Sharing thoughts/ feelings with others “discussing thoughts/feelings with a group”	Able to pass on the benefits to my patients “I am much more tolerant of my patients and my job”
		Increased enjoyment in my work “even the routine things are more enjoyable”
		Feeling that I have more time “I feel I have more time by slowing down”