

Health Conversation Questions

Warm-up Questions:

How do you feel today? How much energy do you have these days?

Discussion Questions:

1. Are you a healthy person? How often do you get sick?
2. What are the best ways to avoid getting sick?
3. Do you take vitamins? Do they really help people, or do they just have a *placebo effect*?
4. How often do you get a medical check-up? How often *should* people get a check-up?
5. Do you ever wear a face mask in public? Do you wear it to protect yourself or others?
6. What healthy habits do you have (such as washing your hands before eating)?
7. Have you ever broken a bone? What happened?
8. Kids get injured often and seem to recover quickly. How well do you recover from *bumps and bruises* these days?
9. Do you trust doctors? Completely? Why or why not?
10. Who is the healthiest person you know? What do they do to stay healthy?
11. What is more important to take care of: mental health or physical health?
12. People sometimes say that 'laughter is the best medicine.' What do you think this means? Do you agree?
13. In your country, which traditional remedies or herbal medicines are popular?
14. Acupuncture, a treatment in which thin needles are inserted into the skin, is common in traditional Chinese medicine. Have you tried it? If so, did it help you? If not, would you like to try it?
15. Have you ever been faced with a medical emergency? What did you do?
16. How do you feel when you see blood?
17. Some people oppose vaccinations because they believe they are risky. Do you believe in being vaccinated?
18. How do you feel about surgery? Would you consider having surgery that isn't completely necessary, like plastic surgery?
19. What foods are good for your health? How important is healthy food to staying healthy?
20. Lifespans are getting longer. How long do you expect your generation will live on average?
21. How do companies in your country treat sick workers? Do employees receive paid sick days to help with recovery from sickness?

