

# Mental Health Conversation Questions

## Warm-up Question:

What have you been thinking about lately?

## Discussion Questions:

1. How important are exercise, food, and sleep for mental health?
2. Have you experienced insomnia? How well do you sleep?
3. What gives you stress? How do you deal with that stress?
4. How important is work-life balance? How can a person maintain a good balance between the two?
5. Why do some people like talking to a therapist? Would you like to try therapy?
5. Would you rather feel very happy and very sad at times, or would you rather be in the middle? That is, *high highs* and *low lows*, or a more mild experience?
6. The number of people who take anxiety medication increased during the coronavirus pandemic. Why do you think this is?
7. People talk openly about some physical health issues, but they seem less comfortable talking about mental health issues. Why is this? Should it be this way?
8. To perform at a high level, does a person need an unusual level of mental strength?
9. A few athletes, like Naomi Asaka, have taken time away from sports to take care of their mental health. What do you think about examples like Naomi?
10. In your country, what happens to people with serious psychological problems?
11. Some medication, like Xanax, which is intended to treat anxiety, is widely abused in the United States. What have you heard about this problem?
12. PTSD (post-traumatic stress disorder) is better recognized these days than in the past. What kind of experiences can lead to PTSD?
13. What does it mean to be depressed?
14. Which countries have the highest suicide rates? Why do you think they have those high rates?
15. Have you heard the expression, "be kind, for everyone you meet is fighting a hard battle"? What does it mean to you?

