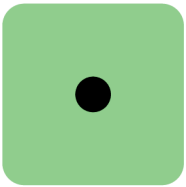
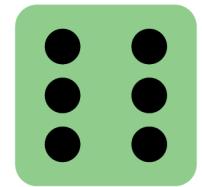
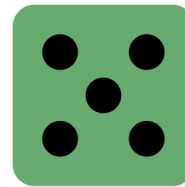
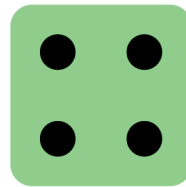
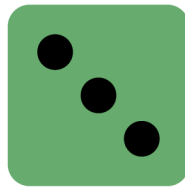
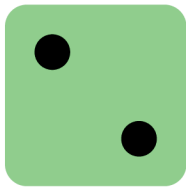
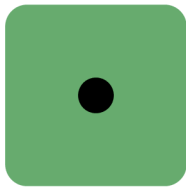


# MENTAL HEALTH

## table talk



|   |  |  |  |  |  |
|---|--|--|--|--|--|
| What's something that has been on your mind a lot lately? | How do you usually cope when things feel overwhelming?         | What's something you're proud of?                          | When do you feel most at peace?  | What's something you wish people understood about mental health? | How are you really feeling today?                                      |
| Who is someone you can talk to when you're struggling?    | What drains your energy the most?                              | What's your favorite way to practice self-care?            | How do you handle negative thoughts?                                       | What's your favorite time of the day?                            | What's a small thing that brings you comfort?                          |
| What's something you're grateful for today?               | Do you think men are unfairly expected to hide their emotions? | What's one thing you want to let go of?                    | Can a strong friendship group replace the need for a therapist?            | What's something that always makes you laugh?                    | What makes it hard for you to ask for help when you need it?           |
| Have you ever taken a break from social media?            | Do you think your diet affects how you feel mentally?          | Have you ever kept a mood tracker or diary? Was it useful? | Do you find it easier to open up to strangers than to people close to you? | Have you ever felt lonely even when surrounded by people?        | Do you think society is getting better at talking about mental health? |
| Have you ever talked to a therapist before?               | What does your ideal day look like?                            | What's a sign that you're feeling burnt out?               | How much of your self-worth is tied to your productivity or achievements?  | When do you feel most like yourself?                             | When was the last time you had a good cry, and did it help?            |
| What's one thing you are quietly looking forward to?      | How many hours of sleep do you usually get?                    | Can positivity sometimes be harmful to our mental health?  | Do you think self-help books can actually help people?                     | Do you think money can buy happiness?                            | Do you think technology helps or hurts our mental health?              |

