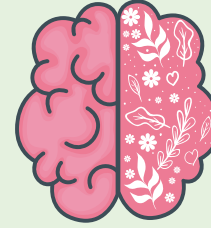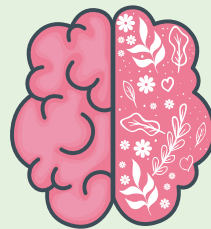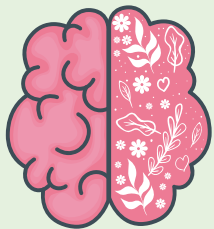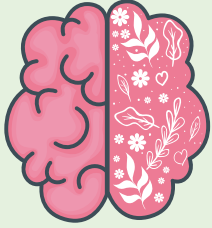**What's one thing you do to feel mentally refreshed?**

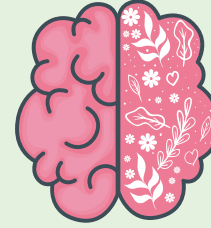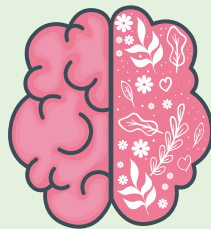**How do you differentiate between a bad mood and a bad day?**
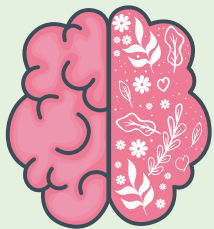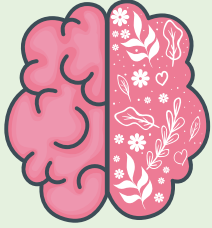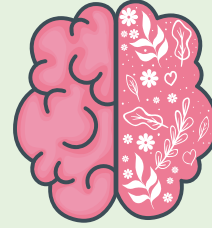
What does 'taking care of your mental health' mean to you?

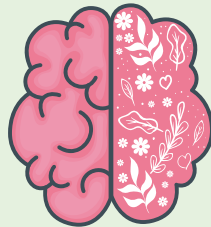How can we encourage people to talk more openly about their mental health?
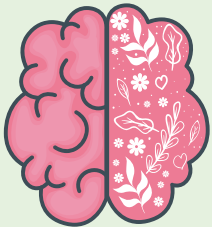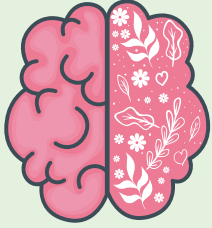
What's one myth about mental health you'd like to debunk?

Can you share an experience where talking about your feelings helped you?

What's one thing that always brings a smile to your face?
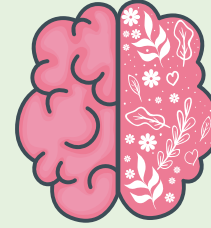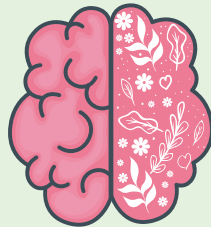
How does physical activity affect your mental well-being?
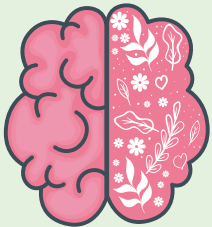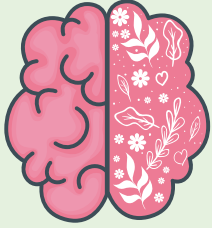
What's a small victory you had this week that made you proud?
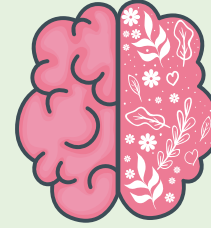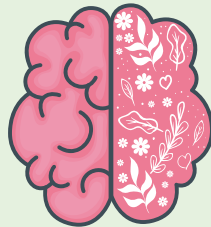
How do you balance work and personal life to maintain mental health?
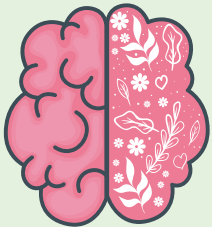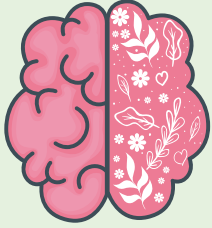
What's a book or movie that changed your perspective on mental health?
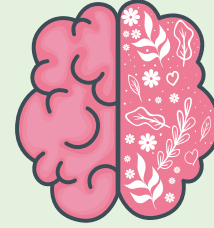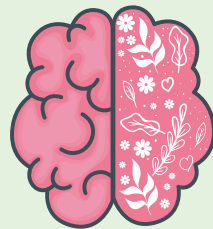
In what ways do you think mental health care could be improved in our community?
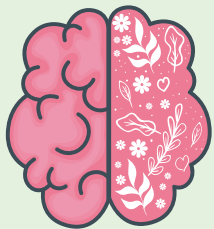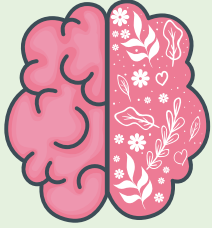
What's something about mental health that isn't talked about enough?
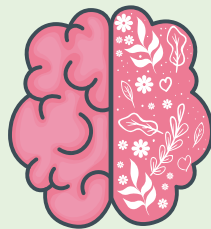
How do you create a safe space for friends to discuss mental health?
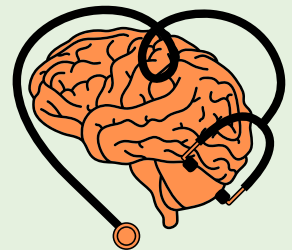
What's the most valuable piece of advice you've received about mental resilience?
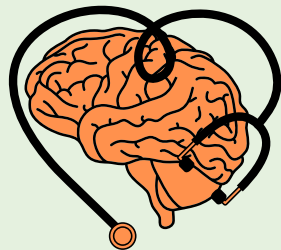
How do you think technology affects our mental health?
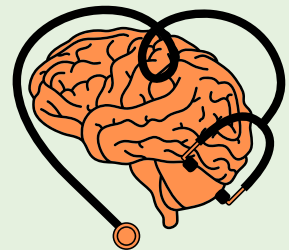
What's one coping strategy that you find underrated?

How do you approach someone who might be struggling mentally?
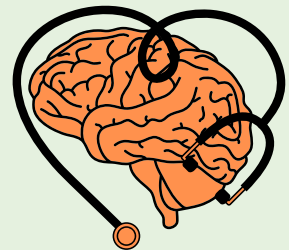
What does self-care look like for you?
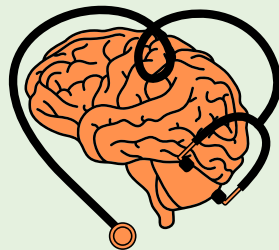
How can we better support mental health in the workplace?
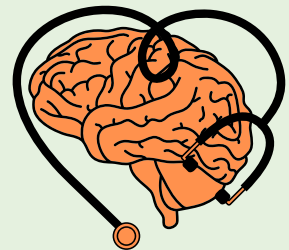
What's your go-to method for de-stressing after a long day?

How does sleep (or the lack thereof) affect your mental state?
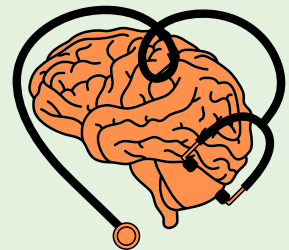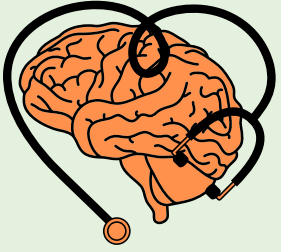
Can you share a habit you've adopted that has improved your mental health?
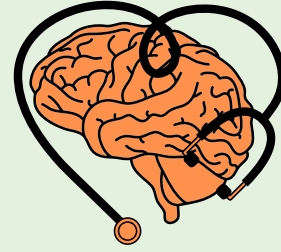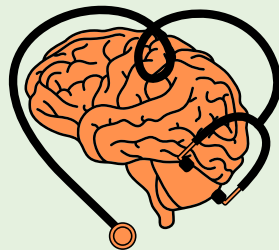
What's one thing you're grateful for today?
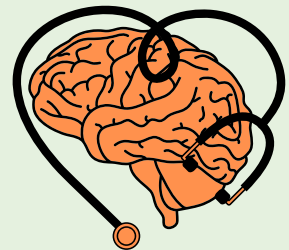
How do you find peace in a chaotic world?

What's one way you wish mental health was taught differently in schools?
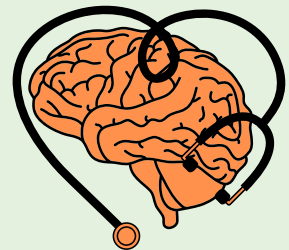
How do you cope with anxiety in social situations?

What song lifts your spirits, no matter how you're feeling?

Can you share a time when you overcame a mental health challenge?

How do you stay hopeful during tough times?

What's one thing you do to maintain a healthy mind-body connection?

How do you recognize when it's time to seek professional mental health support?

What's one thing you think everyone should know about mental health?

How do you help a friend who is dealing with loss or grief?

What role does nutrition play in your mental well-being?

How do you manage work-related stress?

What's a common misunderstanding about mental health that you've encountered?

How do you maintain your mental health during major life changes?

What's your experience with mindfulness or meditation?

How do you think society's view of mental health has changed over the years?

What's one way you contribute to your own mental health awareness?

How do you encourage yourself when you're feeling down?

What activities help you reconnect with yourself?

How does spending time in nature impact your mental health?

What's your favourite self-help resource or tool?

How do you think we can make mental health resources more accessible?

What does a mentally healthy community look like to you?

How do you deal with the stigma surrounding mental health in your life?

What's an act of kindness you've experienced that affected your mental health positively?

How do you think we can encourage children to speak about their emotions?

How do you incorporate mindfulness into your daily routine for mental well-being?

What's one piece of advice you would give to someone starting their journey towards better mental health?

Augmenta Health

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Mental Illness, Wellness & beyond

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