



CONVERSATION STARTERS



In aid of



mentalhealth.org.uk

**How are you
feeling today?**



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**What does 'mental
health' mean to you?**

**In what ways does
moving your body help
your mental health?**



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**What is your
earliest memory?**

**Do you do anything
to maintain good
mental health?**



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**How do you stay
connected to
other people?**



**What's your
dream holiday
destination?**



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**What have you done
recently that you are
most proud of?**

What are the different communities you belong to?



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Which do you find most beneficial to your mental health: sleeping well, or getting into nature?

**What's your
favourite joke?**



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**If you were to
recommend one thing I could
do to improve my wellbeing,
what would it be?**

**What is
something you are
grateful for today?**



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**What kind of movement
makes you feel good?**

**If you could have
any super power
what would it be?**



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**Who do you think would be
a good person to talk to
about mental health?**



Talking to people about mental health can hugely benefit both parties, but starting these conversations, especially if you have never done so before, isn't always easy.



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Use these conversation cards as a starting point and a way to ease yourself into a conversation.

For Wear it Green Day wear green to let people know you are open to conversation.

You can use these cue cards in pairs or small groups. We recommend encouraging people to speak informally and casually, not necessarily taking turns.

For more information on supporting your mental health, visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)