Conversation Starters

Using Everyday Language

REMINDERS

- Focus on shared human experiences
- Use plain language
- Listen with curiosity

SLEEP

- How have you been sleeping lately?
- Are you getting enough rest?
- Do worries ever make it difficult to fall asleep?

EATING & ENERGY

- How has your apetite been?
- Have you had enough energy for daily activities?
- Are you finding time to care for yourself?

DAILY ROUTINES

- What does a typical day look like for you?
- What parts of your day feel manageable?
- What feels most challenging right now?

FAMILY & COMMUNITY

- Who do you turn to when you need support?
- Do you feel connected to family, friends, or community?
- Are there people you trust and can talk to?

FAITH & SPIRITUALITY

- Are there spiritual or cultural practices that help you during stressful times?
- What gives you strength when things feel difficult?