Have you ever had anxiety or panic attacks? If you have, talk about how it felt. If you haven't, talk about how you would help a friend who is experiencing anxiety or a panic attack.

What do you think of when you hear the word 'depression'?

The number of people with mental health conditions has increased in the past few years. Why do you think that is?

Everyone share their favorite affirmation.

When you feel like you can't get out of bed, what weighs you down?

How do you protect your peace?

What has been the hardest thing you've done today?

What's something about you that would surprise people?

SAY IT

SAY IT

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SAY IT

What are you most proud of about who you are?

Breathe in deeply through your nose, and release the air through your mouth. Deep breathing can help relax your body and mind.

Did you know that 1 in 5 people will have a mental health condition at some point in their life?
How does that make you feel?

How do you want to be remembered?

Agree or Disagree:
"Therapy is for everyone, not just for people who are struggling with something."

What's one thing that always causes you to overthink?

What's the process you take to make big decisions?

Take a stretch break.

SAY IT

SAY IT

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SAY IT

What emotion do you feel most often?

What could you add to your life right now to help you feel just a little better everyday?

Who don't you go to for advice anymore? And why did you stop?

What motivates you to get up in the morning?

SAY IT

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