

Conversation starter prompts

Sometimes it is hard to know how to begin a conversation about mental wellbeing.

Prompts that can help people to start talking:

What helps you to feel good and function well?

What do you enjoy doing in your spare time?

What do you do to help reduce feelings of stress?

What in your life brings you the most joy?

What good things have you noticed recently?

When did you last spend time in nature?

When did you last try something new?

How do you like to spend time with people you feel close to?

I feel most relaxed when...

The things that matter to me most are...

I am grateful for...

The things that give me hope are...

I feel part of a community when...

The most beautiful place near to where I live is...

My favourite place to be is...

You can support Hapus in our mission to develop a shared understanding about mental wellbeing in Wales, by talking to people about the things that support good mental wellbeing and what can be done to protect and improve it.

The Hapus website is a place where people can get ideas and inspiration for things they can do to boost their mental wellbeing:

www.hapus.cymru / www.hapus.wales

