



Young Professionals and Mental Health in the Workplace

- In your view, what aspects of the workplace environment contribute to positive mental health among employees?
- Reflecting on your own experiences, what specific challenges related to mental health have you encountered in the workplace, and how do you believe they could be addressed?
- As an experienced professional, what initiatives or policies do you think could be implemented to promote a mentally healthy workplace culture?
- How can leaders and managers better support employees' mental health needs within the context of their professional roles?
- When considering success in the workplace, what role do mental health and well-being play, and how can we ensure that they are prioritized alongside professional achievements?
- What steps can individuals take to advocate for their own mental health and well-being in the workplace, and how can organizations facilitate this process?
- In your opinion, what strategies or resources could be introduced to raise awareness and reduce the stigma surrounding mental health issues in the workplace?
- How can we foster a culture of open communication and support where employees feel comfortable discussing mental health concerns with their colleagues and supervisors?
- Looking ahead, what innovative approaches or practices do you believe hold promise for improving mental health outcomes in the workplace?



Grief and Its Impact on Mental Health

- Reflecting on your own experience of grief, what support systems or resources do you believe could have enhanced your mental well-being during a time of dealing with grief?
- Considering the coping strategies you employed during your grieving process, how do you think organizations can better support employees dealing with loss in the workplace?
- In your view, what role does open communication play in addressing grief-related mental health challenges within a team or organizational context?
- Have you encountered any misconceptions or stigma surrounding grief and mental health in your personal or professional life? How can we work to dispel these misconceptions and foster a more supportive environment?
- How do you believe organizations can incorporate grief support mechanisms into their existing mental health programs or employee assistance initiatives?
- In what ways can managers and colleagues effectively offer support to someone grieving in the workplace without intruding on their privacy or personal space?
- How can we encourage a culture of empathy and understanding within our teams, where individuals feel comfortable expressing their grief-related struggles and seeking assistance when needed?
- From the discussions at the conference, are there any specific practices or approaches you plan to implement personally or within your team to better address mental health concerns stemming from grief?



Traumas Impact Youth and Overall Mental Health

- What factors do you believe contribute to youth or teens being hesitant to discuss mental health openly?
- Reflecting on societal attitudes, why do you think some individuals may perceive youth mental health issues negatively?
- Considering the impact of stigmas surrounding mental health, what are the potential repercussions for teenagers who experience these stigmas?
- In what ways do you think social media has influenced the discourse and attention given to mental health among young people?
- When faced with mental health challenges, what personal tools or strategies do you find effective in managing them?
- Were there any particular tools or strategies discussed in this segment that resonated with you and that you intend to incorporate into your own approach to addressing mental health issues?
- How has your perspective on mental health in youth evolved or changed after engaging with this segment?
- What aspects of the discussion on youth mental health in this segment leave you feeling optimistic or hopeful about the future?



Food as Medicine – Nourishing Bodies and Minds

- Before today's discussion, what level of understanding did you have regarding eating disorders?
- When you think of the term "eating disorders," what thoughts or associations come to mind?
- When you hear the phrase "food is medicine," what concepts or ideas does it evoke for you?
- How do you perceive the potential benefits of utilizing food as a form of "prescription" for mental health and overall well-being?
- Have you gained any insights or information today regarding how food can be used as a tool for promoting mental wellness?
- In your opinion, what steps can we take to enhance the way we communicate and integrate nutrition and food into mental wellness initiatives?
- Reflecting on the Public Health Impact Pyramid discussed, how has it influenced your perspective on the strategic planning and implementation of food-as-medicine interventions?
- When examining the Food is Medicine Pyramid, what aspects stand out to you as particularly impactful or resonant?
- How has today's discussion influenced or altered your perception of the role of food in your overall approach to health and well-being?
- How will you use the information you got today moving forward?



Mental Health Being Justice Impacted – Direct and Indirectly

- Reflecting on your own experiences or knowledge, how would you define the term "justice impacted," and what do you believe are some of the common misconceptions surrounding this community?
- What aspects of the justice system do you believe have the most significant impact on an individual's mental health, whether they're directly involved or connected to someone who is?
- From your perspective, what unique challenges do individuals face regarding mental health while navigating the justice system, and how do these challenges extend to their support networks?
- Can you share any personal or observed instances where mental health issues have intersected with experiences within the justice system, and what insights can we glean from these encounters?
- When considering the mental health needs of individuals involved in the justice system and their families, what resources or support systems do you believe are most crucial for fostering resilience and well-being?
- In your opinion, what steps can communities, organizations, or policymakers take to address the mental health disparities within the justice system and provide more effective support to those impacted?
- How do societal perceptions and stigmas surrounding mental health further complicate the experiences of individuals within the justice system and their loved ones, and what strategies can be employed to combat these challenges?
- Reflecting on statistics indicating high rates of mental illness among justice-involved individuals, what implications does this have for our approach to mental health care, both within and outside of the justice system?
- How do you envision a more compassionate and holistic approach to mental health care being integrated into the justice system, and what role can individuals and communities play in advocating for these changes?



The Pathway to A Better You

- Reflecting on the components of GRIT (Gratitude, Relationships, Inventory, Tallying wins), where do you see opportunities for growth in cultivating gratitude within your life?
- Considering the power of shifting perspectives to influence outcomes, what value do you perceive in adopting new outlooks or mindsets to support your mental health journey?
- What specific actions or commitments are you willing to make to enhance the quality of your closest relationships and foster greater connection and support?
- In your efforts to reduce stress, what activities or practices are you actively engaging in, and how do they contribute to your overall well-being?
- How do you incorporate personal inventory and goal setting into your journey of self-awareness and personal growth, and what role do they play in guiding your actions and aspirations?
- Can you identify any recurring patterns or behaviors in your life that you believe have hindered your ability to become the best version of yourself, and what steps are you taking to address or overcome them?
- Reflecting on the question, "What do you want?" How often have you considered your desires and aspirations, and what are some items you've recently added to your list of wants or goals?
- Moving beyond mere interest, what actionable steps will you take to transition from being interested in improving your mental wellness to fully committing to the journey of self-improvement and becoming the best version of yourself?