

Wellness Questions to ponder

1. Physical Well-being:

- a. How does physical activity impact your mood and energy levels?
- b. Can you share an experience where physical exercise helped you overcome a stressful situation?
- c. What are some physical activities you enjoy and why?
- d. How do you adapt your physical activities as you age?

2. Mental Well-being:

- a. How do you handle stress and anxiety?
- b. Can you share a technique that has helped improve your mental health?
- c. How has maintaining mental health helped you in your personal life?
- d. What are some activities or hobbies that help you relax and unwind?

3. Social Well-being:

- a. How have your social interactions changed as you've aged?
- b. Can you share an experience where social interaction positively impacted your life?
- c. What role does technology play in maintaining your social connections?
- d. How do you balance the need for solitude with the need for social interaction?

