**Questions**

* What do you do to relax after working hard or experiencing other challenging or stressful situations?
* Do you think life is more stressful today than fifty years ago?
	+ Than one hundred years ago?
	+ Than in the distant past?
* Has life been more stressful for you in Canada or in the country where you lived before? Why?
* Have you ever practiced yoga?
	+ If so, when was it, who was your teacher?
	+ What was your experience like?
* Have you ever done meditation?
	+ If so, who was the teacher and what was their instruction?
	+ What was your experience?
* In what ways are mind and body connected?
* Can you give some examples of how mind and body are connected, from your own experience.
* What is stress?
* What causes stress?
* How does stress affect you?
* Do you have a kind of red warning flag that indicates too much stress?
* When you are stressful, how do you feel physically?
	+ Do you feel tired during the day?
	+ Can you sleep well at night?
	+ Does your stomach hurt?
* When you are stressed, how do you feel emotionally?
	+ Do you feel nervous or worried about the stressful situation?
	+ Do you get angry easily?
* Have you ever helped someone who was feeling stressed?
	+ What did you do?
	+ What kind of advice did you give them?
	+ Did you listen to them?
	+ Who did most of the talking?
	+ Did you take some actions to help them? If so, what were they?
* Have you ever helped someone that you didn't know?
* What are qualities of a good counselor?
	+ Is it necessary to have shared the same experience?
	+ Is it important to be an expert?
	+ Is it better to listen or to talk a lot when you counsel someone?
* Do you think stress is ever good, useful, or necessary? Why or why not?
* Do you play games, sports or do other activities that can be stressful?
* Is stress good before an exam?
	+ In what situations can stress be a good thing? Does stress ever make you feel more alive?
* If you are playing a sport and your team is losing, does it give you extra energy?
* Is your home life stressful?
	+ Can you relax at home?
* Do you enjoy having discussions about politics with other people who have different opinions?

**Personal Stress**

* Have you felt stress recently?
* Did the stressful feeling last a long time or a short time?
* Had the cause of the stress happened to you before or was this a new situation?
* How often do you think you feel too much stress?
* Do you feel too busy sometimes?
* In what way does a too full schedule lead to stress?
* Do you like being busy?
* If you are very busy at work or at school, do you have ways to balance your life?
* If you have nothing to do, do you enjoy yourself or do you get bored?
* Does stress make it hard for you to think or act?
* How can you judge what is the right amount of stress for you?
* Is your stress caused by relationships with other people?
	+ At work?
	+ At school?
	+ At home?
	+ With best friends?
	+ With partners?
	+ Can you think of some examples?
* Does stress come when you worry about your life?
* Do you keep your worries a secret from other people?
* Do you have anyone you can talk to when you are worried?
* When did we start talking about stress as a psychological condition?
* What do you do when you have stress

**Stressful Situations**

* Are there situations that you find stressful?
* Do you feel tense when you meet someone for the first time?
* Do you get nervous if you have to make a speech?
* Do you suffer from stress when you have too much work to do?
* Do you work or study for long hours under stressful conditions?
* Does the place you live have a low-stress environment?
* Can you be alone as much as you like?
* Can you be with friends as often as you like?
* Is it easy for you to make decisions about important things?
* Can you relax when you are sleeping away from home?
* In what kinds of situations do you observe other people feeling stressed?
* What are some situations that you enjoy?
* What are some situations that make you feel stressful?
* How can you eliminate stressful situations?
* Can you plan a low-stress, cheap, one-day holiday?

**Controlling Stress**

* How do you relieve stress?
* What stresses you out?
* Do you have a stressful lifestyle?
* How do you get control of a stressful situation that is getting too tough?
* What is the "fight or flight" response?
	+ How does it relate to stress?
* Do you enjoy the feeling of being stressed?
* If you are feeling stressed, what do you do?
* Do you like to relax or be active when stressful?
* Are you capable of relieving your stress or do you need help?
* Can alcohol cure stress temporarily?

**Living Stress Free**

* How can you live a stress free life?
	+ Can you give five suggestions that would be inexpensive?
	+ Can you give five suggestions for children?
	+ Can you give five suggestions for the wintertime?
* Give us suggestions for making school life less stressful.
* When stressful do you like to listen to a certain kind of music?
* Does it help to go shopping or take a long walk?
* Do you like to be alone or be with other people?
* Do you eat more or eat less?
* Do certain colors make you feel happier?
* Do you always follow the same pattern to relieve stress or do you try different things?
* What are some positive ways people deal with stress?
* What are some negative ways people deal with stress?
* How do you deal with stress?
* What is the most stressful experience you have ever had?
* When was the most stressful time of your life?
	+ Did you learn anything from that experience?
* What do you think is the greatest cause of stress for most people?
* What is your greatest cause of stress?
* Do you deal with stress differently that your parents do/did? If so, how?
* Do you know of anyone who likes to break things or become violent when they are stressed? What have they broken? What kind of violence do they do?
* What is the most stressful job you can think of?
* What is the least stressful job you can think of?
* Which would you choose?
	+ A stressful job with very high pay or a relaxing job with considerably low pay? Why?
* Is being single less stressful than married life?
	+ What are the advantages and disadvantages of each?
* How do you reduce stress in your life?
	+ Do you think they would be considered good or bad ways of dealing with stress?

**Assorted Questions**

* Are you a member of a health spa/gym?
* Are you afraid of needles?
* Are you healthy?
* Are your parents healthy?
* Do think that you need to lose weight?
* Do you always eat healthy food?
	+ Is your diet healthy?
* Do you bruise easily?
* Do you catch a cold more than once a year?
* Do you consider alcohol a drug?
* Do you drink a lot?
* Do you eat a lot of vegetables?
* Do you eat lots of fruit?
* Do you eat vegetables every day?
* Do you ever get headaches?
	+ Do you know anyone who suffers from migraine headaches?
* Do you ever read magazines or news articles about health?
	+ If yes, what subject(s) do you find the most interesting?
* Do you exercise?
	+ What kind of exercise do you do? How often do you exercise?
* Do you go for regular medical check-ups?
* Do you go to the dentist's twice a year?
* Do you have a lot of stress?
* Do you normally go one doctor in particular or any available doctor?
* Do you have any allergies?
* Do you have any scars?
* Do you know anyone who suffers from backaches?
* Do you know anyone with false teeth?
* Do you often eat fast food?
* Do you smoke?
	+ If so, do you smoke more than two cigarettes a day?
* Do you think smoking is not bad for your health?
* Do you take medicine when you are sick?
* Do you take vitamins or mineral supplements?
* Do you take vitamins?
* Do you think it is unhealthy to keep a cat in your home?
* Do you think nuclear power is safe?
* Do you think pets are good for a person's health
* Do you think that the tobacco companies should be held reasonably responsible for a person's addiction to nicotine?
* Do you think you are overweight?
* Do you think you will live until a ripe old age? Why or why not?
* Do you think you would be a good surgeon? Why or why not?
* Do you use an alarm clock to wake up?
* Do you usually get enough sleep?
* Do you watch your weight? What foods do you think are healthy?
* Have you ever been hospitalized? (Have you ever been in the hospital?)
* Have you ever been to an acupuncturist?
	+ What do you think of acupuncture?
* Have you ever broken a bone?
* Have you ever burned yourself with hot water?
* Have you ever donated blood?
* Have you ever gotten a black eye?
* Have you ever had braces on your teeth?
* Have you ever had stitches?
* Have you ever sprained your ankle?
* Have you ever taken a sleeping pill to get to sleep?
* How can you reduce stress in your life?
* How have you been feeling lately?
* How many hours of sleep do you get a night?
* How many hours of sleep do you usually get?
* How often do you eat junk food?
* What kinds of junk food do you eat?
* How often do you exercise?
* How often do you get a cold? (How often do you catch a cold?)
* How often do you get sick in one year?
* How often do you go to the doctor's?
* How often is garbage collected in your neighborhood?
* How would you recommend treating a cold?
* If a company sells the public a product they know to be harmful or addictive, should they be held responsible for the use of that product even if the government approves it?
* If you smoke, how old were you when you started smoking?
* If you were President of Korea, what would you do to improve Koreans' health?
* Should smoking in restaurants be banned?
* What are some things people can do to keep healthy?
* What are some things that cause stress?
* What are some ways to deal with stress?
* What are some ways you know that you can personally keep yourself healthy?
* What disease frightens you the most? Why?
* What do you do to stay healthy? (What are some things you do to keep healthy?)
* What do you do, if you can't get to sleep?
* What do you think about abortion? Why do some people support it and others are against it?
* What do you think about getting old?
* What do you think is the most serious health problem in Korea?
* What do you think of cosmetic surgery?
	+ Do you know anyone who has had cosmetic surgery?
	+ Would you ever consider having cosmetic surgery?
* What drinks to you think are healthy?
	+ What drinks do you think are unhealthy?
* What foods to you think are healthy?
	+ What foods do you think are unhealthy?
* What is the best way to find a doctor, if you're new in the area?
* What is the best way to stop smoking?
* What is the most horrible accident you have ever had?
* What is the average age of people in your country
* What kind of pollution is the most risky?
* What time did you go to bed when you were a child?
* What's the best way to stop smoking?
* What's the highest temperature you've ever had?
* What's your blood type?
* When did you last take a bath?
* When was the last time you went to a dentist?
* When was the last time you went to a doctor?
* When was the last time you went to a hospital?
* When was the last time you were sick?
* When you were in high school, how many days of school did you miss each year because of sickness?
* Who do you think is responsible for the care of your health?
	+ yourself, your parents, or your doctor and medical people?
* Who is the healthiest person in your family?
	+ Who is the least healthy?
* Why do people smoke?
* Would you consider donating your organs after your death?
* What is the health service like in your country?
* What do you think of the health service in this country?
* How can the health service be improved?
* Have you been to hospital since you arrived here?
* What do you know about the SARS virus?
* What do you know about AIDS?
* What do you know about the common cold?
* What is alternative medicine?
* Have you ever practiced alternative medicine?
* What treatments or remedies do you follow when you have a cold?
* Which kind of medicine do you prefer to take when you are sick?