

*the  
Chickasaw  
Nation*

# CONVERSATION STARTERS

*Chikasha  
Anokfilli*

STRENGTH  
BALANCE  
HARMONY



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Do you have trouble  
sleeping at night?

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**It may be beneficial to turn the thermostat down. Keeping the temperature between 60 to 67 degrees Fahrenheit can help you fall asleep quicker. It may also cut down your electricity bill. Healthy sleep habits can improve your well-being.**

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**What have you found that helps you sleep peacefully?**

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When is the last time you remember  
having a hard belly laugh?

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# Laughter can make you feel better!

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Laughter has been proven to reduce anxiety and help in the healing process. There are a lot of things you can do to laugh. Get with a friend who makes you laugh, watch a funny movie or read funny books.

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Who comes to mind when you  
think about reaching out to  
someone to boost their spirits?

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**Quality relationships are key for a happy and healthy life. Not only will you feel better by reaching out to your loved ones, but you may boost their spirits as well.**

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**Want to feel better?  
Show someone in your life you love them.**

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What is one new hobby that you  
would like to try someday?

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**Did you know that creative expression and well-being are linked? Try a new hobby or return to an old one. You can color a picture, try a new recipe or even take a photography class. Think of different ways to be creative, and you may find that your mental health is improved. Ask your family or co-workers about their hobbies, or new things they would like to try.**

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What is one thought or person  
that always brings joy to your  
heart and a smile to your face?

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Smiling lowers your heart rate and improves your mental well-being. Smiling not only helps you to feel better, but those that see your smile will feel better as well.

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What are some things that never fail to bring a smile to your face?

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When is a time you could have reacted to a situation in anger, yet you responded with kindness instead?

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**Being a forgiving person helps your mental health by improving your quality of life. People who forgive often report improved mental health and more satisfaction in life.**

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When is a time someone sent  
you a thank you note, chat or  
message that was special?

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**Thank you notes are another way of sharing gratitude and can help you feel better about life.**

**Sending a thank you note is also good for the recipient. When you know you have helped someone feel better, it will make you feel better as well.**

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Where do you go to exercise  
or walk that brings you  
comfort and peace?

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## Go for a 30-minute walk in nature.

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Research shows that walking in nature increases energy levels, reduces depression and improves mental outlook. Your walk could be at a local park, in the woods or in your neighborhood.

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How do you feel after  
playing/working outside in  
the sunshine?

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**Spend 15 minutes outside for  
sunshine and vitamin D.**

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**Experts believe vitamin D elevates mood.  
Remember to use sunscreen to protect your skin.**