

### **Podcast- conversation starter**

We have a range of great podcasts on our website which focus on various aspects of mental health, speaking with mental health experts and people with personal lived experience.

Listen to one (or more) of our podcasts at your event and use the below questions to get a conversation started at your event.

#### Exercise and Mental Health

Listen to our podcast on Exercise and Mental Health

[www.mentalhealth.org.uk/podcasts-and-videos/exercise-and-mental-health](http://www.mentalhealth.org.uk/podcasts-and-videos/exercise-and-mental-health)

- Do you exercise regularly, if so do you find that it helps with stress/mood?
- Do you think exercise is influential in maintaining good mental health?
- Are you a part of an exercise class?
- Do you view exercise as fun? Share any tips you have to make exercise enjoyable
- Do you walk to work?

#### Wellbeing and Nutrition

Listen to our podcast on wellbeing and Nutrition

<https://www.mentalhealth.org.uk/podcasts-and-videos/wellbeing-and-nutrition>

- Have you tried mindfulness, if so do you find it helpful? (download our publication to learn more about mindfulness <https://www.mentalhealth.org.uk/publications/how-look-after-your-mental-health-using-mindfulness>)
- Did you find this exercise enjoyable?
- Is healthy eating important to you?
- Do you feel better if you eat healthily?
- Can you think of any foods which affect your mental health; e.g. Caffeine or sugar
- Does healthy eating provide you with more energy?

## Perception of Obsessive Compulsive Disorder (OCD)

- How would you define/what are your views on OCD (Before listening to the podcast)

Listen to our podcast speaking to Lily Bailey about her experiences with OCD

<https://www.mentalhealth.org.uk/podcasts-and-videos/oh-im-so-ocd-challenging-myths-around-obsessive-compulsive-disorder>

- How would you define/what are your views on OCD (After listening to the podcast)
- Did you know that OCD does not revolve around cleanliness but involves intrusive thoughts?
- Family is a great support system for a range of mental health problems, how might you support someone in your family with a OCD?
- How many people in the UK do you think have a diagnosis of OCD?  
Answer D 750,000 people  
A) 100,000-200,000    B) 300,000-400,000  
C) 600,000-700,000    D) 700,000-800,000

## Schizophrenia and relationships

- How would you define/what are your views on Schizophrenia (Before listening to the podcast)

Listen to our podcast speaking to Jonny Benjamin about his diagnosis of Schizophrenia and how relationships help him to manage his mental health

<https://www.mentalhealth.org.uk/podcasts-and-videos/jonny-benjamin-relationships-are-massive-part-my-recovery>

- How would you define/what are your views on Schizophrenia (After listening to the podcast)
- How could you use your relationships to manage your mental health?
- How many of you would talk to a stranger on public transport?
- Are women more open to talking about their mental health issues than men?

- What is the most common age of people that experience schizophrenia? 15 -35.
- FACT: 1 in 100 people will experience schizophrenia in their lifetime. Do you find this surprising

### Living with an eating disorder

Listen to our podcast speaking to comedian, Dave Chawner about his experience living with an eating disorder and using comedy to manage his mental health.

<https://www.mentalhealth.org.uk/podcasts-and-videos/comedy-and-living-eating-disorder>

- Are men less likely to talk about mental health issues than women?
- Around what age do you think it is most common for Anorexia to develop? Answer: 16-17
- What do you think of Dave's mechanism to cope with his eating disorder?
- Can you think of anyone in the public eye with a mental health problem and a passion for comedy?

If you or any of your guests need to talk about your mental health or found any of the issues or concerns which arose from your Tea & Talk concerning please call the Samaritans on 116 123 (Calls are free and open all day every day)