

Great to hear the pubs have opened. How are you feeling about places to start opening after spending so much time indoors?

How was your day, busy? Are you working over or extra hours?

(Many people have been working from home and had significant issues around planning and self-care)

Lovely weather today, how is it your way? How are you managing to keep active? (Weight gain has increased exponentially and people may have developed related issues, diabetes etc)

How are you, everything ok? (Always ask twice!) Are you sure there is nothing you want to share? (For many people talking about pent up feelings & emotions has been a new thing – hence asking twice)

Are you happy that things are returning to normal? Have you missed things during the lockdown? (Maybe lost something job, loved ones etc)

How has your day been? Has there been a highlight of your day? (Again, probing will help identify issues and tell the person you care enough by probing)

What do you do in a typical day? Do you find things enjoyable? (Probing gently to see how the person fills their day and if they experience any positive emotions/negative.

Have you discovered any new music in the lockdown? What music puts you in a good mood? (For many people music has become even more important – but it can sometimes be a double-edged sword in terms of moods & types of music)

What have you been doing to have fun? What do you do to relax after a busy day? For many working from home has been challenging and could be quite isolating. It is important to probe as to what people do to relax outside of work & home.