

Speaking: Health and well-being

1. What does a healthy lifestyle mean to you?
2. How do you prioritise your physical health in your daily routine?
3. What role does exercise play in your life, and how do you incorporate it into your schedule?
4. Describe your typical diet. How do you ensure it's balanced and nutritious?
5. What are some common stressors in your life, and how do you manage stress?
6. How do you prioritise mental health and well-being in your daily life?
7. Do you practice any mindfulness or relaxation techniques? If so, which ones, and how do they benefit you?
8. How do you ensure you get enough quality sleep each night?
9. How do you stay emotionally strong when facing tough situations?
10. How do you foster positive relationships and social connections for your overall well-being?
11. What role does self-care play in your life, and what activities do you consider self-care?
12. How do you balance the demands of work or study with taking care of your physical and mental health?
13. Have you ever faced any significant health challenges? How did you cope with them?
14. How do cultural or societal norms influence attitudes towards health and well-being in your community?
15. What challenges do people face when trying to get healthcare in your country, and how do you think these challenges can be tackled?
16. How do you think technology has impacted health and well-being, both positively and negatively?
17. What are some common misconceptions about health and well-being that you've encountered?
18. How do you think government policies can promote healthier lifestyles and well-being among citizens?
19. What are some strategies for promoting well-being in the workplace or educational settings?
20. In your opinion, what are the most important factors contributing to overall health and well-being?