

# What should I ask my provider during my exam?

For Managing Mental Health & Stress



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Patients of all ages and genders can use these questions to help guide conversations around managing stress and building strong mental wellness.



- What steps can I take to manage stress at work and home effectively?
- Are there any warning signs of cognitive decline that I should be aware of?
- How can I navigate the mental challenges of care giving for family members?
- What EHE resources are available for managing stress?
- Can I take supplements to help delay conditions like dementia and Alzheimer's?
- How do I know if I'm really depressed or just feeling down?
- How can I balance my personal life with my work or other responsibilities?
- How comfortable should I feel expressing my emotions to others?
- What are some signs of potential mental health concerns?
- How can I ensure I'm socializing enough with my peers?
- When should I seek professional help for my sleep issues?
- What are some symptoms of burnout I should be aware of?
- How can I incorporate breathwork or meditation into my routine?
- I often feel unmotivated or lethargic. What can I do to feel better?