

Conversation Starters for the Holidays

(Instead of "How are you?")

Holiday Specific:

- ★ What is the most challenging part of this holiday season?
- ★ What is the saddest part of this holiday season?
- ★ What is your favorite holiday memory?
- ★ What new tradition or experience are you trying this year?

General Questions:

- ★ What are you grieving you've lost since the pandemic began?
- ★ What is one beautiful thing that you have seen or experienced since March?
- ★ What has been confusing about the pandemic?
- ★ What do you need right now? (e.g., emotional connectedness, practical needs like toilet paper or groceries, financial support)
- ★ What resources or skills do you have that could be used to help others right now? (e.g., sewing skills, free time to call others, ability to go get groceries for others)
- ★ What are you doing to fill your soul and renew your energy?
- ★ What self-care tools have you used to reduce stress recently?
- ★ How are you caring for yourself in the midst of financial pressure?
- ★ How are you practicing self-compassion today?
- ★ What new thing have you learned about yourself since the pandemic began?
- ★ Where have you experienced God this season?