

# THE MENTAL WELLNESS PRACTICE

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In this season of [The Mental Wellness Practice](#) we hope to inform listeners of the various realms of wellness, highlight how that dimension affects mental well-being, and empower individuals to explore and improve their self-care strategies. As an expert in your field, this is an opportunity for you to share your wellness expertise and enhance mental health access.

The prompts below are a sample of what you can anticipate, however, (1) we will prioritize the natural flow of our conversation and (2) it is unlikely that all queries will be covered. If there is anything you wish to add or omit, please send them along prior to our interview. Talk soon!

## Season Three Interview Template

1. Tell us a little bit about your work (ie field)...
  - a. How does mental health show up in your work?
2. In the MWP we believe that there are different dimensions of wellness and that they can affect one another. Tell us about (your domain of wellness) and mental health...
  - a. How can (your domain of wellness) help mental health?
  - b. How can (your domain of wellness) deter mental health?
3. In the MWP we talk about mental health being a spectrum of illness to wellness.
  - a. Can you shed some light on how mental illness can be linked to (your domain of wellness)?
  - b. Can you shed some light on how mental wellness can be linked to (your domain of wellness)?
4. Tell us about why mental wellness matters to you.
  - a. Share about your mental health journey
  - b. How has self-care affected your mental wellness?
5. What does self-care mean to you?
  - a. What does self-care look like for you?
6. In the MWP we talk about self-care as the active practice of recognizing and tending to your needs. Could you share some examples of self-care in (your field)?
  - a. Which examples do you use?
  - b. Which are your favorite?
  - c. What do you suggest for a beginner?
7. Anything else you'd like to share?