

15 Table Talk Topics: Lockdown

What have you learnt about yourself during lockdown?	Why do you think people have started praying during lockdown?	When I look back on this what will I wish I spent more time doing?
What are you grateful for today?	What is your top tip for dealing with change?	What positive choices are you making to ensure you look after yourself?
What stories are not being heard in the media?	What have you learnt about yourself during lockdown?	What has been the biggest challenge during lockdown?
What coping strategies do you have that are unhealthy?	What have you missed most since lockdown began?	How has the news and social media impacted your general wellbeing?
What has been your biggest distraction during lockdown?	How have your expectations of having more time in the day compared to reality?	Is there any aspect of lockdown you have enjoyed?