



Brave Conversations Series: Anxiety, Stress, and Burnout

25 Questions to Get the Discussion Going

Today's teens are carrying more stress and pressure than ever before.

Many are overwhelmed by expectations, busy schedules, social pressure, anxiety, exhaustion, and emotions they don't always know how to explain.

That's why House of Hope created these Brave Conversation Cards: Anxiety, Stress & Burnout—to help parents and teens create safe, honest conversations about stress, emotional health, and feeling overwhelmed.

Simply print the cards, cut them out, and use them during dinner, a drive, or a one-on-one moment together. You don't need to force a big conversation. The goal is simply to create space where your teen feels safe, supported, understood, and less alone.

Let's start the conversation!!



Question:

What makes a day feel good?

Question:

What's one part of your day you usually enjoy?

Question:

What's your favorite way to unwind?

Question:

What's something that helps you relax?



Question:

Is it easy or hard for you to ask
for help?

Question:

What do you do when you
feel overwhelmed?

Question:

Do you ever feel tired even
after resting?

Question:

What part of your day feels the
most stressful?



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Question:

What helps you calm down, even a little?

Question:

What situations make stress worse?

Question:

Where do you feel stress in your body?

Question:

What thoughts repeat in your head?



Who do you feel most
comfortable talking to?

Question:

What helps you feel understood?

Question:

What do adults underestimate
about stress today?

Question:

Do you feel more pressure from
school, friends, or yourself?

Question:



Question:

What gives you relief when things
feel heavy?

Question:

What would make stressful
days easier?

Question:

What helps you feel supported?

Question:

What makes you feel safe?



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Question:

(Choose Your Own)

Question:

(Choose Your Own)

Question:

What helps you feel hopeful?

Question:

What's one thing you're looking forward to?

