

Regular Chat Room  
July 7th and 9th, 2026  
Theme: Stress Relief (ストレス発散法)

Self-introductions for new participants:

- What is your name?
- Where are you from?
- What do/did you do for work (job title, raised children, etc.)?
- What do you like to do for fun?

Questions:

1. What makes you feel stressed?
2. How often do you feel stressed?
3. What do you do when you feel stressed?
  - a. Do you have any foods or drinks that help you relax?
  - b. Do you have any hobbies that help you relax?
  - c. What helps you relax after a busy day?
  - d. Do you prefer to be alone or around other people when you're stressed?
4. What suggestions would you give to someone who is stressed?
5. Do you feel like you have enough time in your life or not enough?
  - a. If you had an extra hour every day, what would you do with it?
  - b. Do you think having more time would make you less stressed?
6. Does stress affect how you think or feel?
  - a. Do you sleep better or worse when you're stressed?
7. Do you think exercise helps with stress? Why or why not?
8. Is stress always a bad thing?
  - a. When has stress been a good thing in your life? When has it been bad?
9. Which would you choose: a high-paying job that is very stressful, or a low-paying job that is not?
10. How do you think technology like smartphones affects stress?
  - a. Do you think smartphones make life more stressful or less?
11. Do you think life is more stressful now than in the past?
  - a. Is your life more stressful now than in the past?