### Chatbot Question 1. Anxiety-related Questions:

* "Why do I always feel worried?"
* "What causes panic attacks?"
* "Is it normal to feel restless and nervous all the time?"
* "What should I do when I feel anxious?"
* "How can I stop feeling nervous all the time?"
* "What are the physical symptoms of anxiety?"

**2. Depression-related Questions:**

* "Why do I feel hopeless all the time?"
* "Is it normal to lose interest in everything?"
* "Why am I so tired all the time?"
* "Can depression make me feel numb?"
* "How do I know if I’m depressed?"
* "What are some signs that I need help with my depression?"

**3. Stress-related Questions:**

* "How can I manage work-related stress?"
* "What are some tips to deal with stress at school?"
* "Why am I feeling overwhelmed?"
* "Is it normal to feel stressed out all the time?"
* "How does stress affect my body?"
* "What relaxation techniques can help with stress?"

**4. Bipolar Disorder-related Questions:**

* "Why do my moods change so drastically?"
* "Is it normal to feel extremely happy one moment and then really sad?"
* "What causes mood swings in bipolar disorder?"
* "How can I manage extreme mood changes?"
* "Is there treatment for bipolar disorder?"
* "What are the symptoms of bipolar disorder?"

**5. PTSD-related Questions:**

* "What is PTSD?"
* "Why do I keep reliving traumatic events?"
* "Can PTSD make me feel disconnected from reality?"
* "How do I stop having flashbacks?"
* "How do I know if I have PTSD?"
* "What are the signs of PTSD?"

**6. OCD-related Questions:**

* "Why do I keep checking things repeatedly?"
* "How do I stop my obsessive thoughts?"
* "Is it normal to feel like I need to wash my hands all the time?"
* "What causes compulsive behaviors?"
* "How can I manage obsessive thoughts and actions?"
* "Is OCD something I need therapy for?"

**7. Self-Care-related Questions:**

* "What are some simple self-care activities I can do?"
* "How do I take care of myself mentally?"
* "Why is self-care important for my well-being?"
* "How can I relax and clear my mind?"
* "What are some ways to practice mindfulness daily?"
* "Can I practice self-care even if I’m feeling overwhelmed?"