COVID-19

Journal Prompts

* Who are the people you miss the most? *
* Do you think the pandemic has had any positive impacts on your mental health? If so, what? *
* Write down 5 things you never realized you were grateful for before. *
* How are you going to change your behavior after the pandemic? *
* Write about how you spent your time today. *
* What have you learned about yourself? *
* What are your greatest fears and anxieties right now? *
* In what ways can you help manage this anxiety? *
* What are some of the positive impacts the pandemic has had on the world? *