Mrs. Young

English

**Pandemic Journal**

A great way to help cope with any stressful time is to journal our experiences. It not only allows us to understand and reflect on our thoughts and feelings and help us to capture significant moments in our lives, it also offers a means to pursue mental health and well-being.

Over the next few weeks, you will be asked to complete one of the listed writing prompts each week in order to create a journal that you will have as a tangible reflection of your experience during this unprecedented time.

**Journal Prompts:**

April 20th -24th ~ **Reflect on your new “normal”.**

Some questions you might want to consider:

What has changed in your day-to-day life since you have been asked to practice social distancing?

What part of this situation have you found most difficult?

Which changes have led to the most distress?

Which changes, if any, have been pleasantly surprising?

April 27th – May 1st ~ **Focus on the Positive**

 Some questions you might want to consider:

What are things that bring you comfort/happiness during this time? (e.g. activities, hobbies, experiences)?

Why do these things improve your mood/experience?

Which people/relationships help to increase your positivity?

What new routines/activities do you hope to continue once this pandemic has past?

May 4th – 8th ~ **The Bigger Picture**

It’s easy to be self-centered and begin to feel sorry for ourselves during difficult times. Consider those who would be even more effected by this pandemic.

Some questions you might want to consider:

Who would you consider to be more “high risk” during this time?

How might others be effected in ways that you are not?

What can you do to make this time easier for others?

May 11th- 15th ~ **Gaining Perspective**​

Some questions you might want to consider:

What are you learning about yourself as a result of the coronavirus-related shifts in your life?

What are you learning about other people as a result of our present situation?

What are you learning about institutions (schools, government, etc.) related to these shifts?

What are you learning about your local and global communities?

How may you integrate this new learning and related perspectives gained into your life moving forward?