

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? *