

# 2020 Covid-19

MENTAL HEALTH JOURNAL PROMPTS



What has been the most emotionally draining thing about Covid-19?

What has been the most stressful part of quarantine for you?

What do you fear the most during this time?

Are the fears you listed above rational?

What are 5 things you are grateful for, despite the pandemic?

What is your happiest memory since Covid-19/Quarantine?

When is the last time you cried? What were the circumstances?

What was the last thing that made you laugh? What made you laugh?

What has Covid-19/Quarantine taught you about yourself?

What has this time taught you about your anxiety?

Describe your perfect non-social-distancing day?

Write down some coping mechanisms you have noticed? Evaluate the ones that are helpful and the ones that are not helpful to your overall mental health?