

# COVID-19 JOURNAL



## Prompts



**BY GREAT MINDS TOGETHER**

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# What are the benefits of keeping a journal?

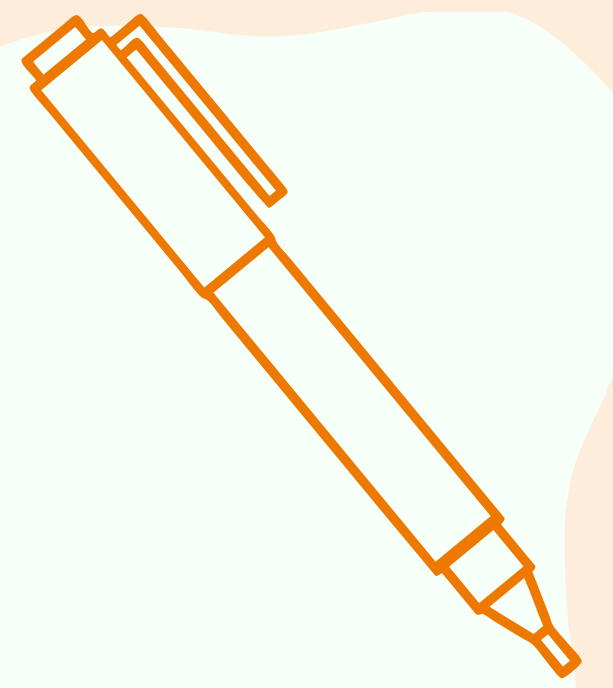
Journals or diaries help us to organise our thoughts and help us to understand them.

You can record daily events, thoughts and feelings about certain experiences or opinions.

Below are some prompts you can use to start a journal during this time or to add new entries to your current journal.



# Prompts



**Who are the people you miss the most?**

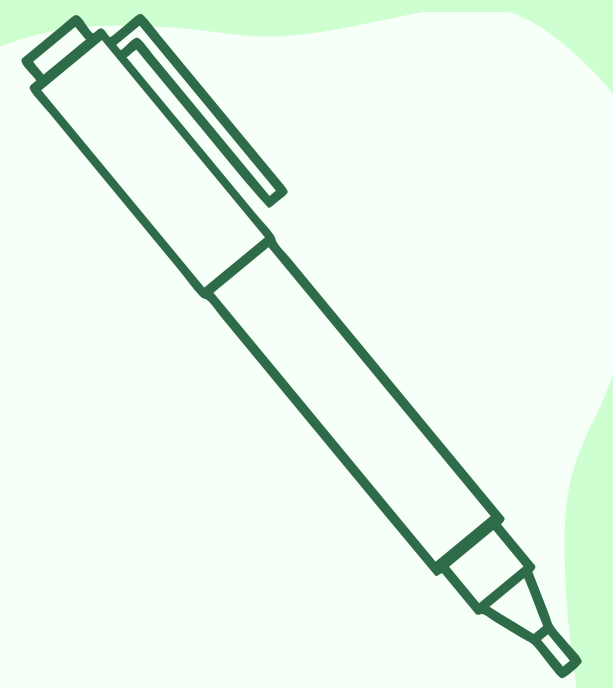
**Do you think this pandemic has had any positive impacts on your mental health?**

**If so, what?**

**Write down 5 things you never realised you are grateful for before.**

**How is your behaviour going to change once the pandemic is over?**

# Prompts



**What have you done today that you enjoyed?**

**What are your greatest fears and anxieties at the moment? How will you overcome or manage these?**

**What have you learnt about yourself recently?**

**What are some of the positive impacts this pandemic has had on the world?**

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