Journal Prompts for a Pandemic

In what ways is your life different now?

Who are the people you miss the most?

How has your testimony changed during the pandemic?

Have you had any spiritual experiences during the pandemic?

Do you think the pandemic has had any positive impacts on your Mental health? If so, what?

Do you think the pandemic has had any negative impacts on your Mental health? If so, what?

Write down 5 things you never realized you were grateful for before coronavirus?

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 at the moment?

In what ways can you help manage this anxiety?

What are some of the positive impacts the Pandemic has had on the world?

What are some of the negative impacts the Pandemic has had on the world?

What are your top 3 memes or videos that you have watched about social isolation?

Are you still using all social media channels as much? Which do you use more or less?

How much news do you read each day? Do you think this is the right amount? Why?

Are there any ways in which you have been helping your neighbors and society?

What are other ways in which you could help?

What self-care techniques have you started?

What are some things you want to check off your to-do list before the coronavirus pandemic is over?

What [new hobbies](https://danxiety.com/fun-things-to-do-at-home-when-youre-bored/) have you started?

What are some other hobbies which you would like to try during this time?

What do you not understand about the pandemic? Is there a way you can find out this information?

Do you think that the government has handled Covid-19 well? Why?

Which of your friends or family have struggled the most during this time?

How could you help these friends or family members?

How has your exercise routine changed?

Have you changed your diet whilst social distancing?

How do you think Covid-19 will affect your life going forwards?