

My Pandemic Journey

The event or news that affected me most was _____.

When I first experienced it I felt _____.

It impacted me by _____.

It had an _____ effect on friends and family.

I turned to _____ for support.

_____ helped me process and gain perspective.

This challenged _____.

This strengthened _____.

I learned _____ about myself.

I learned _____ about others.

I am still concerned about _____.

My hope is _____.