



SELF-REFLECTION DURING A PANDEMIC

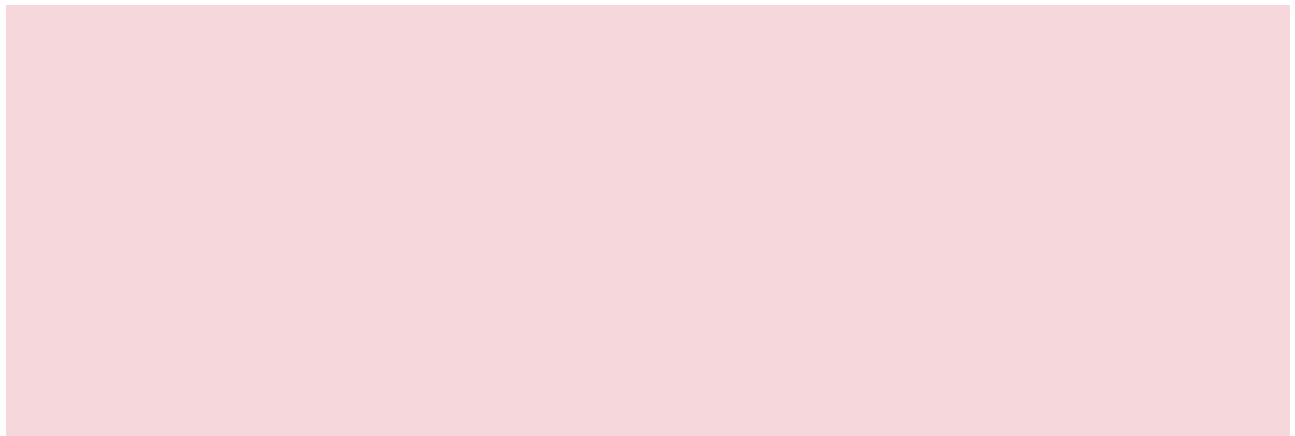
-  1. Dedicate 5 minutes to thinking about what pressures you've been putting on yourself recently. Are your expectations realistic? Physically cross them out on the page and rewrite them in a more achievable and kinder way.

EXAMPLE:

~~*I'm so lazy. I should be starting a new hobby or learning something new.*~~

There is no right or wrong way to "be" or "feel" during this pandemic. I will do what's right for me in each moment.

-  2. Make a list of all of the things that bring you joy. Try to ignore any activities and suggestions you feel pressure to do due to social media. Listen to what you want and what will make you feel good.



JOURNAL EXERCISES



3.



Think deeply about what types of messages you want to surround yourself with during this time. Some people are inspired by workout videos; others feel triggered and prefer posts on self-love and body confidence. Write down topics and content that bring you happiness. Then, audit your social media.

4.



Be more intentional with your free time. What is your ideal (but realistic) daily ratio for screen time vs. other activities?

Screen Time: _____ hours Other: _____ hours

5.



List every person you want to reach out to and start scheduling those video calls!

<i>Name</i>	<i>Scheduled Catch-Up</i>	<i>Name</i>	<i>Scheduled Catch-Up</i>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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