



## **7 questions to ask yourself during a global pandemic**

(or really any time you are feeling anxious)

Tips to getting started:

- \* Be honest with your answers; nobody needs to see them but you.
- \* Keep this someplace where you are likely to see it again soon. You might be surprised at how much better things are when you look back at this time.
- \* Remember to breathe as you fill this out.

1. What's causing you stress right now?

2. How are you managing it?

3. What could you do to be managing it better?

