

COVID-19 ANXIETY JOURNAL

Date

WRITING ABOUT FEELINGS

Writing about your feelings in your journal helps you process your emotional reactions and come up with healthy coping mechanisms.

In this entry, describe how you felt throughout the day. What made you feel this way? How did you express that feeling?

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WHAT AM I MISSING? WHAT AM I GRIEVING THE LOSS
OF? HOW HAS LIFE CHANGED TODAY?