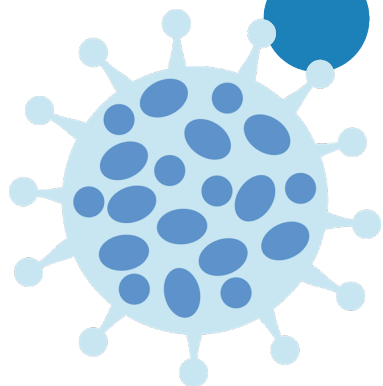
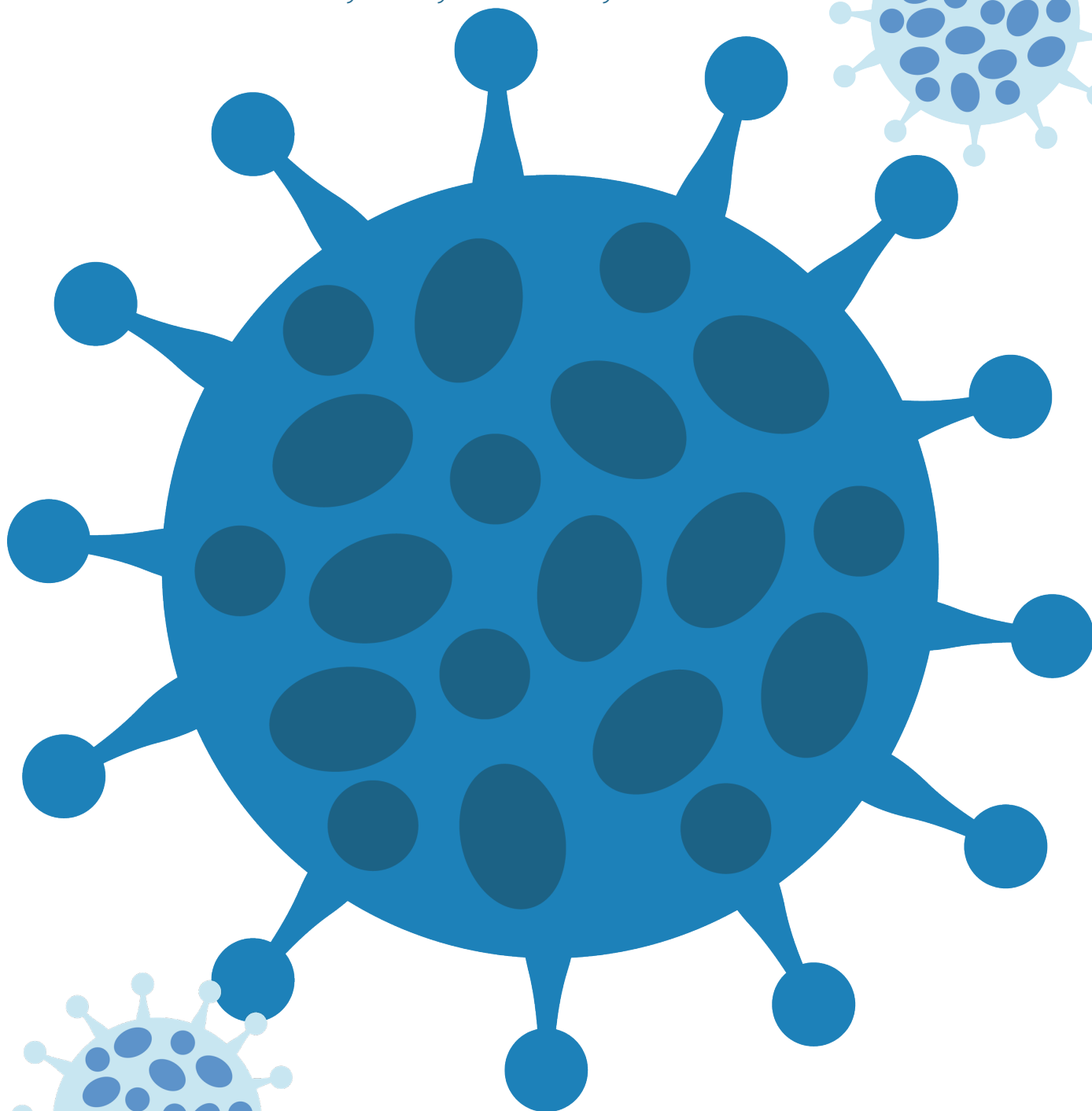
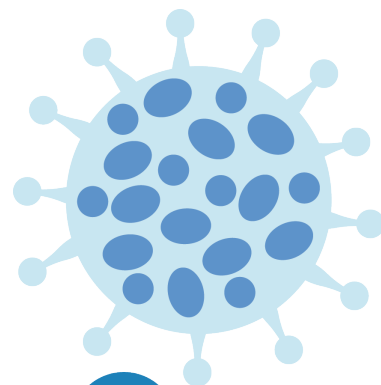


# My Coronavirus Journal

A place to explore my feelings and help me  
overcome my worry and anxiety





Because of the Coronavirus, I must:

This makes me feel:

Emergencies can feel scary because I am not in control. Here are three things that I can control during this time:

1 - - - - -

- - - - -

- - - - -

2 - - - - -

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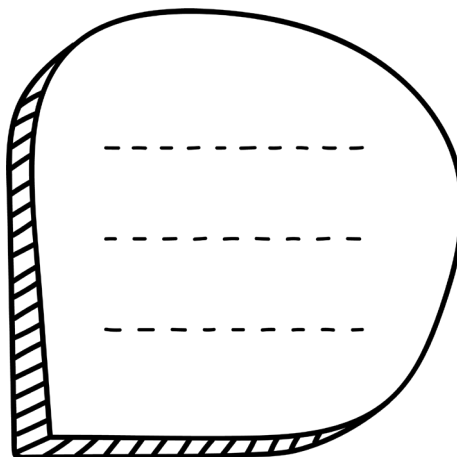
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3 - - - - -

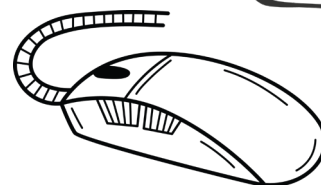
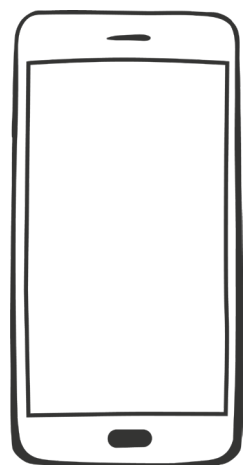
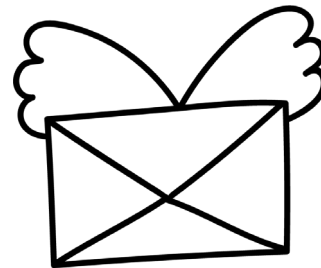
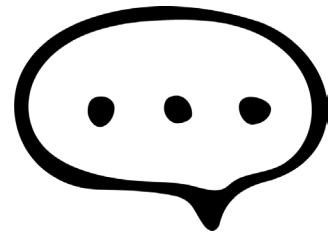
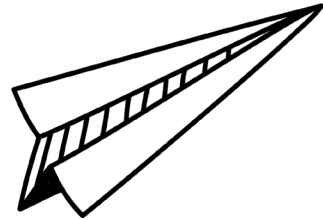
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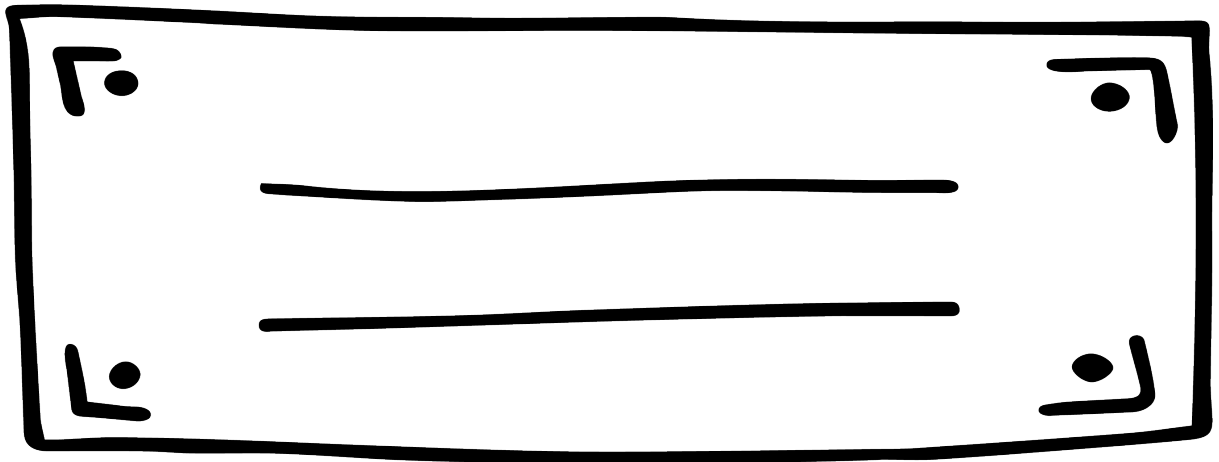
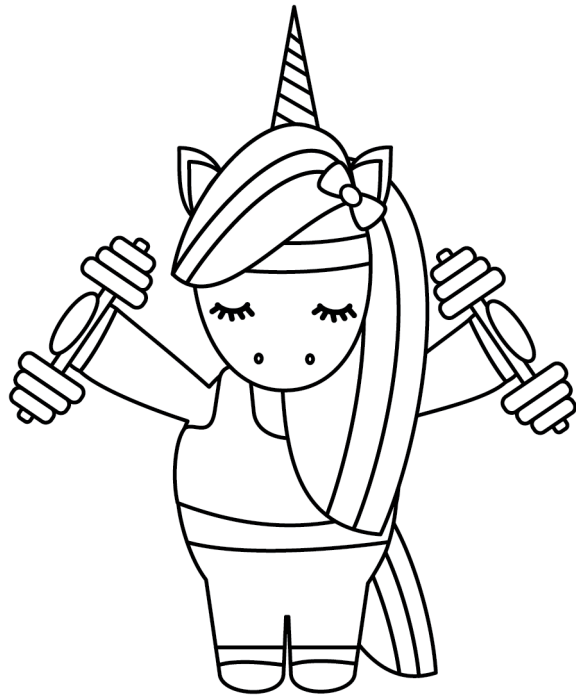
Something that always  
makes me feel better when I  
am scared is:

A hand-drawn box with a hatched left side and three dashed lines inside for writing.

While practicing social distancing, I can stay connected with my support system, friends, and family. Here are some creative ways to keep in touch:

This image shows a blank sheet of handwriting practice paper. On the left side, there is a vertical column consisting of ten rectangular boxes, intended for writing letters or numbers. The rest of the page is filled with horizontal dashed lines, which are designed for tracing practice. There are twelve rows of these dashed lines, each row corresponding to one of the boxes in the left-hand column. The entire sheet is enclosed in a simple black border.

Focusing on my physical health will be very important. Some ways I will get exercise during this time include:

A rectangular box with a thick black border, containing two horizontal lines for writing. The box is positioned in the upper middle section of the page, below the introductory text and above the unicorn illustration. It has four small corner markers, each consisting of a dot and a line segment pointing towards the corner.

My worries:

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Possible solutions:

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# Fill in the Blanks



Today's date is \_\_\_\_\_

On a scale of 1 to 10, today my mental health is \_\_\_\_\_ because

If today was an animal, it would be a \_\_\_\_\_

The best part of today was \_\_\_\_\_

I showed courage today by \_\_\_\_\_

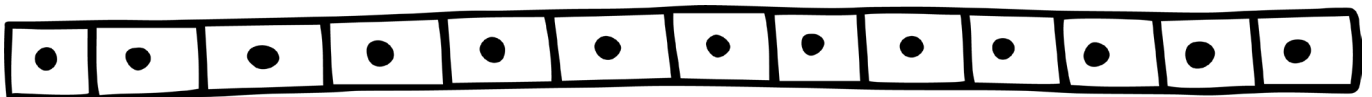
If today had a theme song, it would be \_\_\_\_\_

My favorite sight today was \_\_\_\_\_

My favorite sound today was \_\_\_\_\_

Today I accomplished \_\_\_\_\_

Tomorrow I hope \_\_\_\_\_

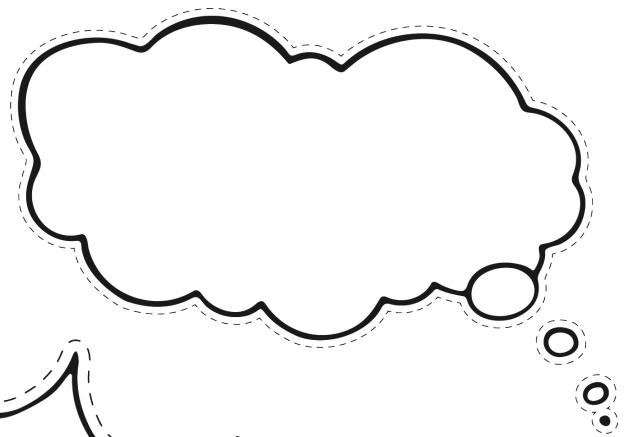
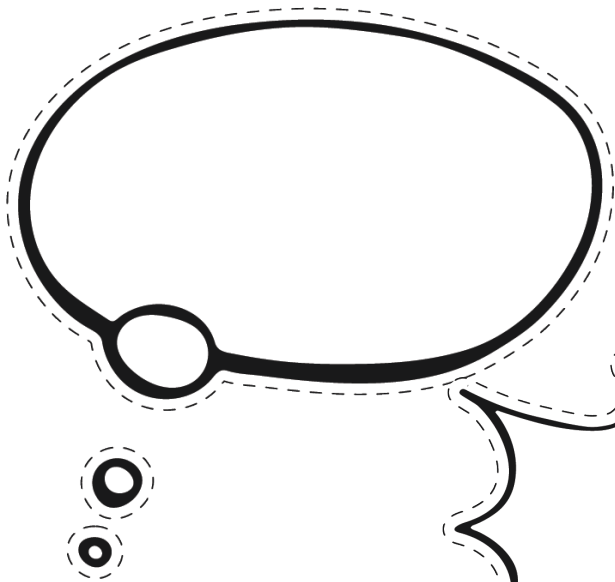
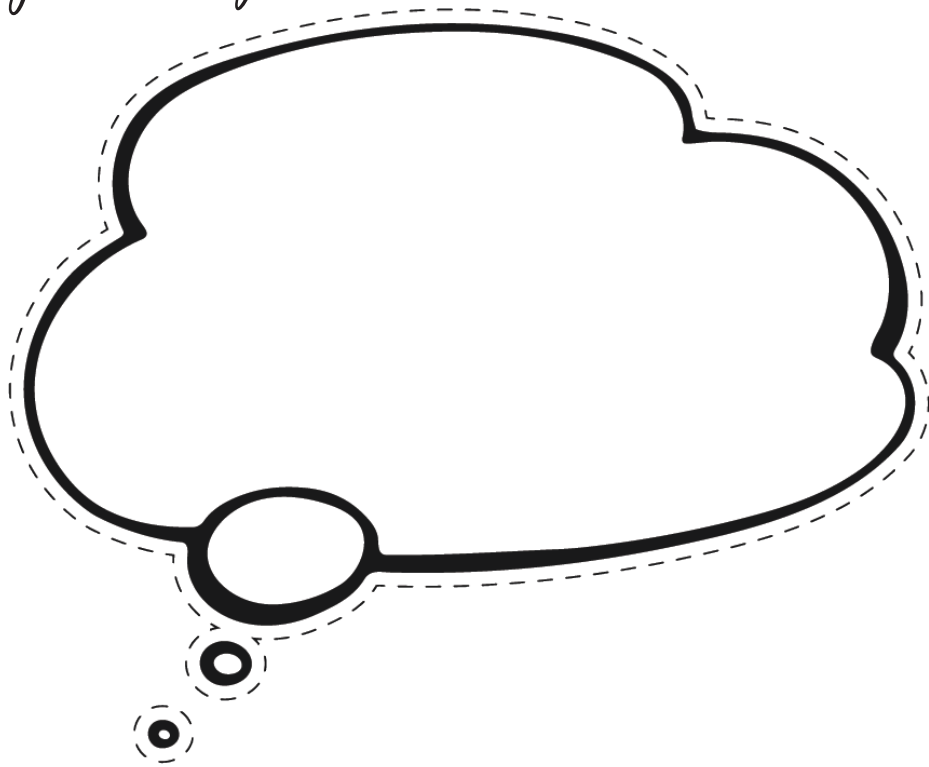


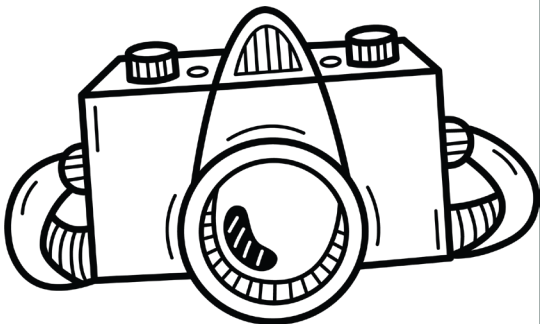
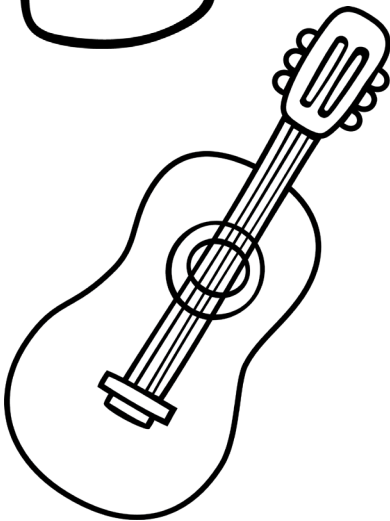
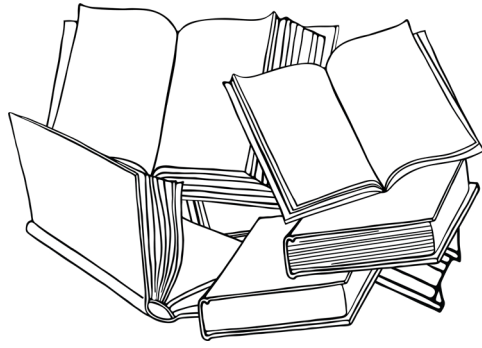
Create a Coronavirus comic strip (don't forget the superhero!):

The image shows a comic strip template with five panels. The top row consists of two panels of equal width. The middle row consists of a single large panel that spans the full width of the page. The bottom row consists of two panels of equal width. All panels are empty, providing space for drawing a comic strip about Coronavirus, including a superhero.



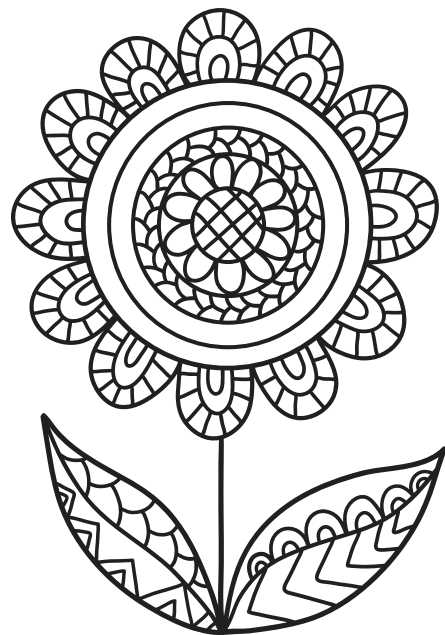
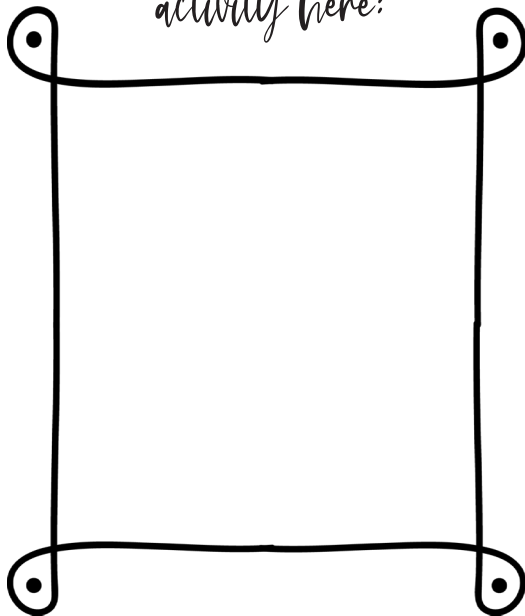
My thoughts about Coronavirus:



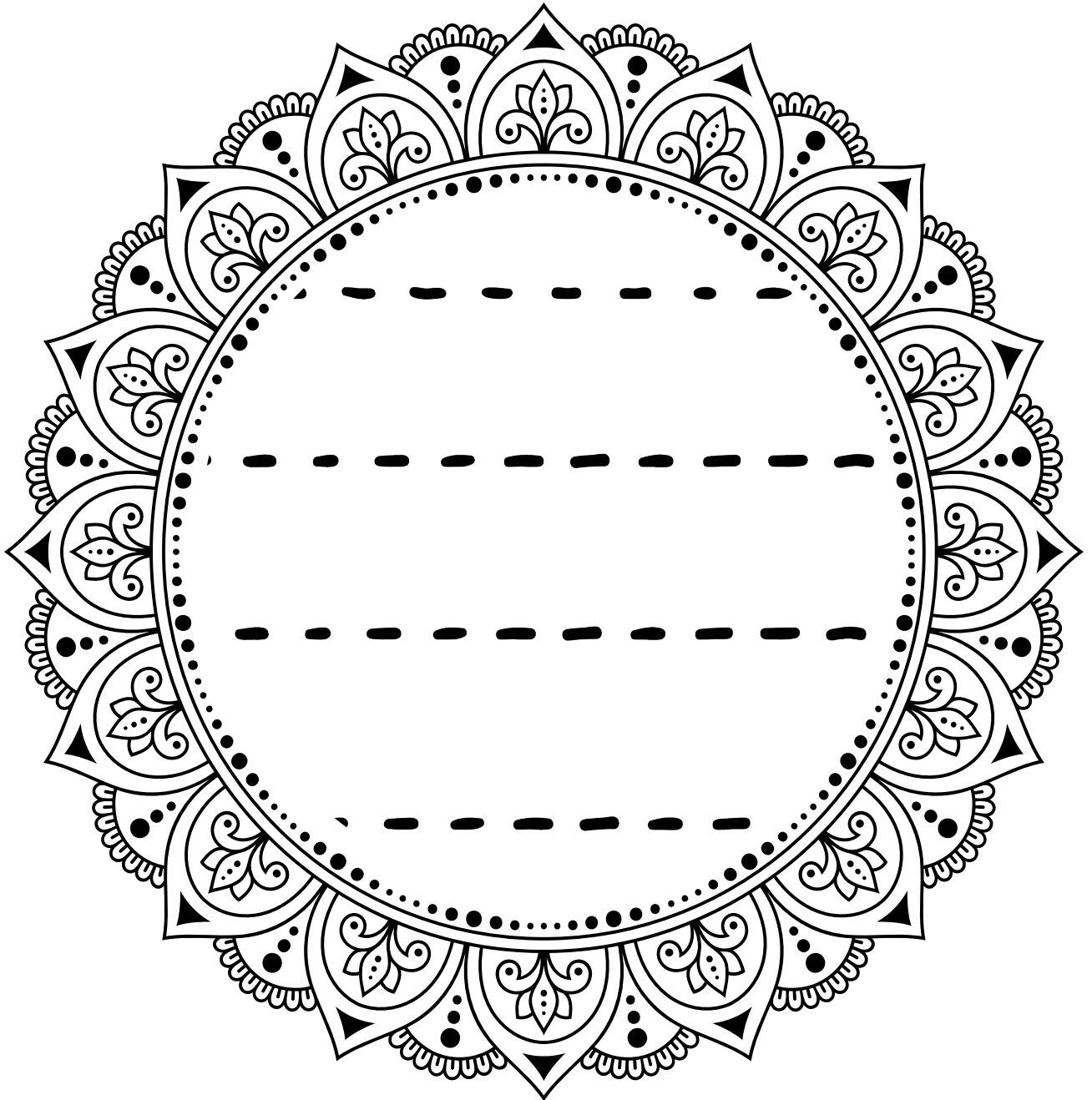
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet.

Getting some fresh air and enjoying sunlight is important.  
Some activities I can still do outside include:

Draw your favorite  
activity here:



My go-to coping strategy is



Ideas include: calling a friend, exercise, journaling, completing a project, grounding, going for a walk, meditation, eating healthy foods, cooking, singing, etc.

[illegible][illegible]

This is a black and white illustration of a single sheet of lined paper. The paper has four horizontal dashed lines for writing. It is framed by a thick, stylized border consisting of diagonal hatching. The entire sheet is set against a dark background.

[illegible]

Right now, life is

A series of 25 horizontal, hand-drawn lines spanning the width of the page, intended for writing. The lines are slightly wavy and irregular, mimicking a hand-drawn style.

# Tracking my mood:



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

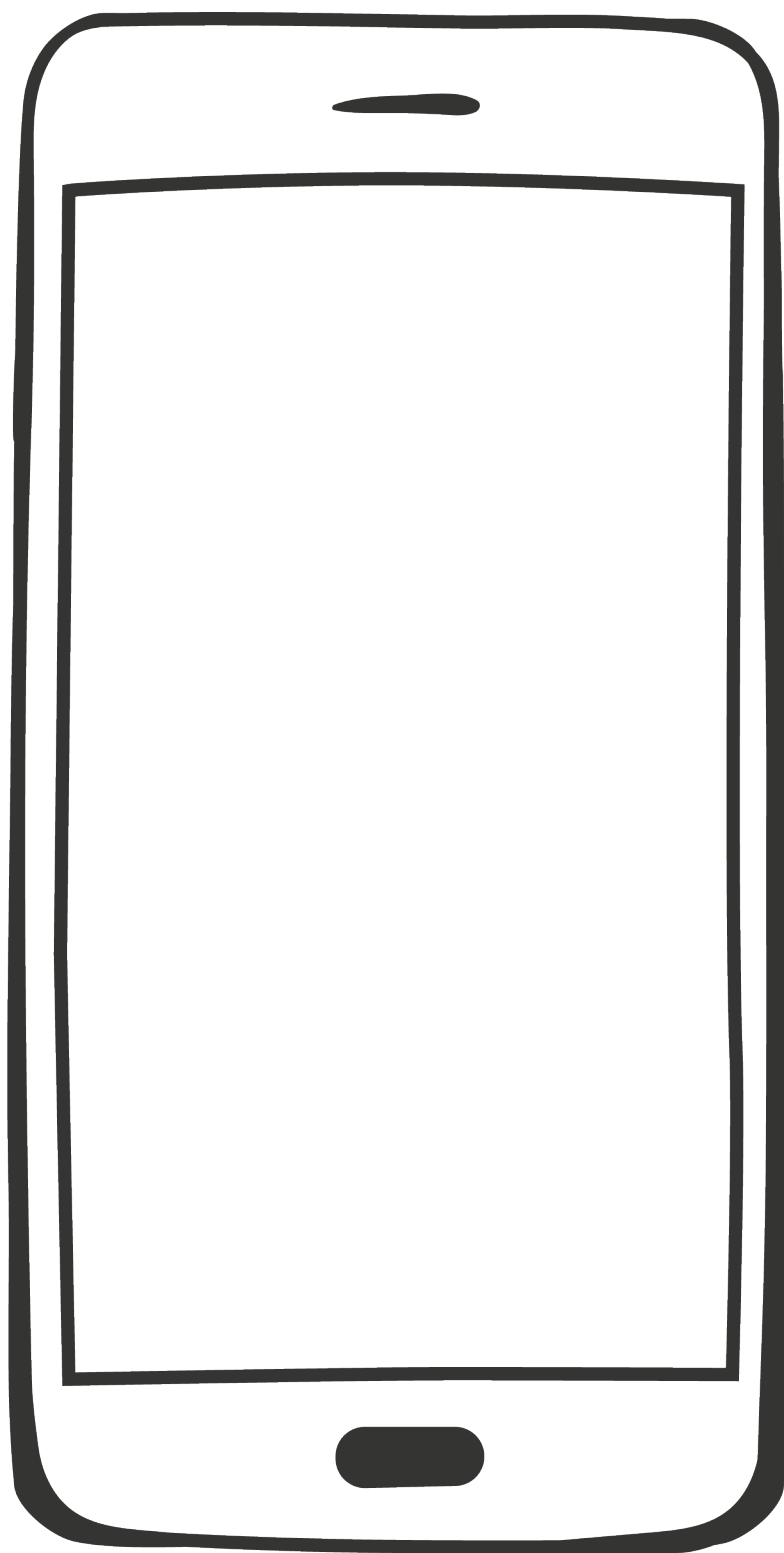


Sunday



Things that make me smile:

A hand-drawn rectangular box with a thick black border. Inside the box, there are two horizontal lines for writing. Each corner of the box has a small black dot with a line extending towards the center, resembling a corner bracket or a decorative element.



*Texts to my future self.*