

STRESS IN THE TIME OF COVID - 19

A COLLECTION OF CREATIVE PROMPTS
TO RECORD AND REFLECT ON YOUR THOUGHTS AND
DAILY LIFE DURING THE TIME OF COVID - 19

THIS GUIDED JOURNAL
BELONGS TO

THIS GUIDED JOURNAL WAS PRODUCED BY KATHERINE HIMICS TO
ACCOMPANY THE VIRTUAL EXHIBITION "STRESS IN THE TIME OF
COVID - 19" PRESENTED BY THE STUDENTS OF SETON HALL UNIVERSITY'S
MUSEUMS, ACTIVISM AND SOCIAL ISSUES COURSE OF SPRING 2020.

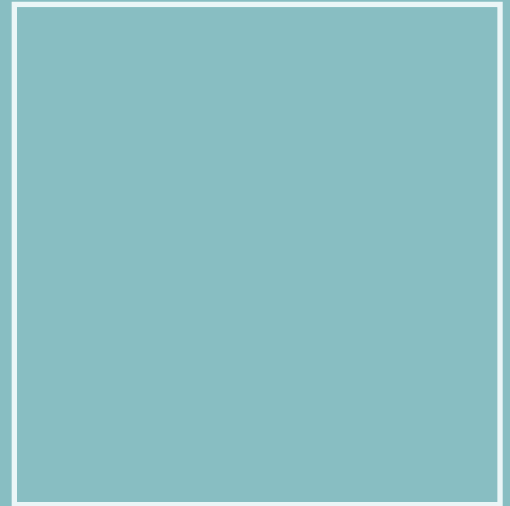
EDUCATION

WRITE A HAIKU
ABOUT YOUR EXPERIENCE
WITH REMOTE LEARNING

HELLO MY NAME IS

I WILL GRADUATE FROM

IN _____



HOW ARE YOU COPING AND ADJUSTING TO REMOTE LEARNING?

DRAW A PICTURE OF YOUR CLASSROOM



BEFORE COVID - 19



AFTER COVID - 19

SOCIAL MEDIA

RECREATE YOUR LAST
POST ON SOCIAL MEDIA!

HOW ARE YOU USING
SOCIAL MEDIA RIGHT NOW?

BREAKING NEWS!

TODAY, _____

YOUR EXPERIENCES
DURING COVID - 19

SOCIAL MEDIA PROS

SOCIAL MEDIA CONS

FOOD SECURITY

WHAT WAS YOUR LAST TRIP
GROCERY SHOPPING LIKE?

DRAW WHAT YOU ATE THIS WEEK!

ITEMS THAT WERE
IN STOCK

RECIPE FOR A HEALTHY DIET

- 1) _____

- 2) _____

- 3) _____

ITEMS THAT WERE
OUT OF STOCK

HOW CAN YOU DECREASE FOOD RELATED STRESS DURING COVID - 19?

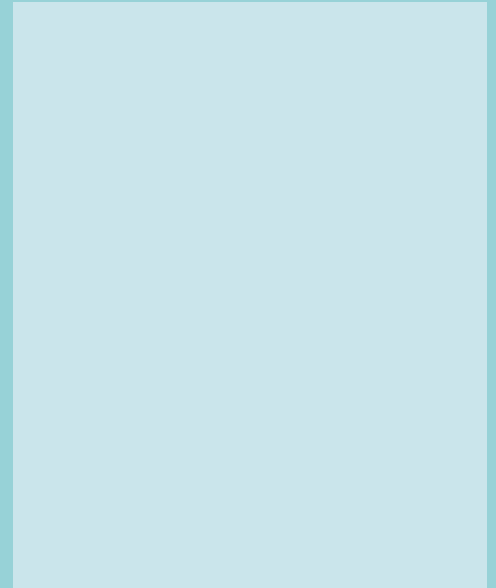
JOB SECURITY

DRAW YOUR FAVORITE
WORK - FROM - HOME OUTFIT

CURRENTLY, I WORK AT

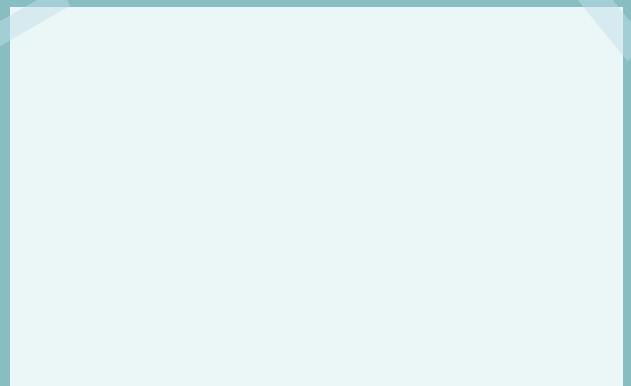
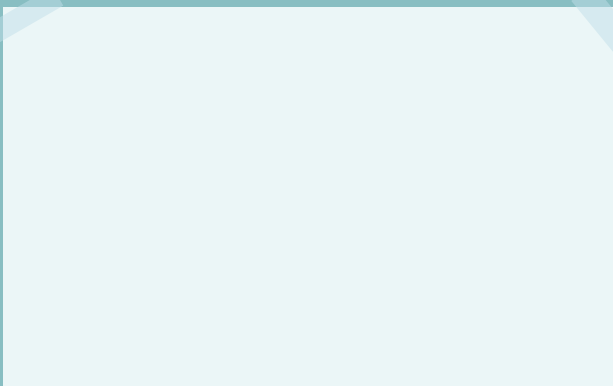
MY POSITION TITLE IS

MY RESPONSIBILITIES ARE



HOW HAS THE JOB MARKET IMPACTED YOU DURING COVID - 19?

JOB BULLETIN BOARD



DESIGN JOB POSTINGS FOR ESSENTIAL WORKERS!

MENTAL HEALTH

DRAW HOW YOU'VE BEEN FEELING LATELY

HOW CAN YOU IMPROVE
YOUR MENTAL HEALTH?

TIPS AND TRICKS

WHEN I AM FEELING ANXIOUS OR SAD,
I CAN REACH OUT TO

COPING STRATEGIES

HOW CAN YOU MANAGE STRESS, ANXIETY AND DEPRESSION
DURING COVID - 19?

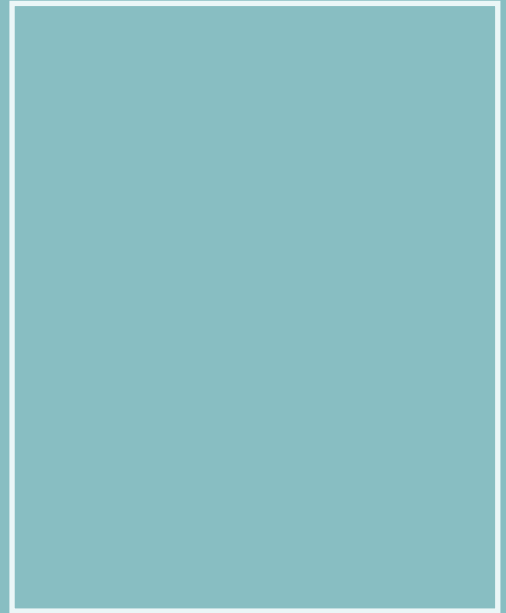
WHAT'S NEXT?

AFTER COVID - 19, I CAN'T WAIT TO

I'M SO EXCITED TO TRAVEL TO

I'M SO HAPPY TO SEE

MAKE A WILD PREDICTION!



DID IT COME TRUE?

HOW DO YOU THINK YOUR FUTURE WILL BE CHANGED BY COVID - 19?

DRAW WHAT YOU ARE LOOKING FORWARD TO IN THE FUTURE

