

## *Be Intentional: Journal Prompts*

1. How is your sleep in the quarantine?
2. How is your stress management/self care routine?
3. What sorts of thoughts are you having over and over during quarantine?
4. How are your friendships during quarantine? What about other relationships?
5. How is your eating during quarantine? (Side note: eating to deal with stress is very normal right now!)
6. How are you moving your body these days? How is this nourishing you?