

Questions for Reflection

E24: Traveling During the Coronavirus Outbreak

1. When did it sink in for you that the coronavirus is a big deal?
2. How has it changed your daily life? How do you feel about that?
3. How are you staying positive during this time?
4. How are you reacting to and dealing with the heightened levels of fear and anxiety (in yourself and in the world)? Take a moment to identify the tools in your healthy toolkit that you can use in this situation.

