

# Questions for Reflection

E27: Three Weeks In: Is It Okay To Not Be Okay?

1. Are you okay? Be honest.
2. When this started, did you think you would be especially productive? Has that changed?
3. Have you caught yourself trying to discount or dismiss your feelings?
4. Does it help to hear more about the growing list of COVID-19 symptoms, or does that make you more anxious?
5. Do you feel like you've been holding your breath? It is okay to exhale.

