



Telling your Covid-19 story.

Millions of diverse people in countries across our globe are connected via technology and focused on a single crisis—able to investigate, research, report and collaborate in real time to search out solutions.

It's truly unprecedented and let us record some facts, some thoughts and some feelings.

Questions can really help you identify and process experiences and thoughts that will allow you to document the unique details that make your story interesting now and in the future.

We are EACH experiencing something unique—and by asking the right questions, we can document our quite different stories in a SIMPLE way. © stacy Julian 2020

Questions to ask yourself can be:

1. When was the moment you knew this was serious. Where were you and what happened?
2. Looking back now, is there one particular news article or story that stands out to you?
3. What was the first meme that caused you to laugh out loud?
4. What have you observed in your community that has been heart-warming?
5. What has been the biggest change to your everyday routine?
6. How has family life been altered in your home?
7. What have you learned to do because of this pandemic?
8. What change has created the most disappointment for you?
9. What has surprised you?
10. What has not surprised you?
11. What about the future creates feelings or worry or fear?
12. What have you genuinely enjoyed about sheltering in place?
13. Who or what has impressed you in a positive way?
14. What will you do differently when life normalizes?
15. What memory or moment will talk about in ten years?