

Team Lavender Narrative Writing

Directions: Sometimes during periods of high stress and/or anxiety, the simple act of writing your thoughts done on a piece of paper can be relaxing and therapeutic. Reflect on the prompts below and write down whatever comes to your mind first. There is no right or wrong answers and this paper will not be collected.

Write about one thing you did today/this week that you are proud of. Describe what you did and why you are proud of this.

Write about the hardest thing you did today/this week. Describe what you did and why this was so difficult for you.

If a family member or friend was in your position – being an essential healthcare professional, seeing what you are seeing, doing what you are doing - what would you say to them? Write it down.