

PANDEMIC

THE IMPACT ON ME



Rate yourself between 1 and 5
(5 being very good and healthy, and 1 being not so good or unhealthy)

BURTON & DISTRICT

| | Pre-pandemic | During Lockdown | After Lockdown |
|---|--------------|-----------------|----------------|
| Quality of my sleep | | | |
| Quality and quantity of my diet/alcohol consumption | | | |
| Quality and quantity of my exercise | | | |
| My thought life and lustful thoughts | | | |
| My passion and energy levels | | | |
| My sense of being deeply connected with others | | | |
| My productivity and ability to make good decisions | | | |
| Quality of my relationship with my partner (if in a relationship) | | | |
| My symptoms of mental unrest (anxiety, depression etc.) | | | |
| Confidence in my calling and hope for the future | | | |
| My experience of acute feelings of anger, grief, fear or being emotionally numb | | | |

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Answer the questions below:

What has made me angry or frustrated?

What am I enjoying?

What has made me sad?

What has surprised me?

What am I worried about?

What is draining me?

What am I glad about?

What is energising me?

What am I afraid of?

How full is my tank?

What am I grieving for?

Where do I need to refuel?