

# Covid-19 in Three to Five Words: A Visual History

by April Murphy



## My Personal Journey

# I'll Never Forget Covid-19: My Personal Journey

Were you affected by this disease? If not, did you know someone affected by it? What was on your mind the most day-to-day? Did you worry about a particular friend or family member? Why or why not?

Did you learn anything new about yourself? If you lived with someone or with family, what did you learn new about them?

What was one of your funniest impulse or 'retail therapy' buys?

What was something - a habit (good or bad), food, or drink - that got you through some of those toughest days?

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If you had children doing distance learning or you homeschooled them, what were the biggest daily challenges keeping them focused on learning? What would you do differently, if anything? What more did you learn about teaching and learning?

How did you use technology to communicate with friends and family during all this? Were there any roadblocks you ran into (a difficult grandparent, a child who wouldn't pay attention, etc)?

If you were working from home what-if anything-changed in the way you communicated?

If you were laid off or furloughed because of covid19, what was different about this time rather than other times you might not have been able to work?

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Describe how your eating, sleep and exercise habits changed. If you kept a healthy routine, then share your secret!

If you have pets, what do you remember most about them from this time? Did they help - or hinder - you with like exercising or going out?

If you received a government stimulus check or a business loan during this time, what was your initial reaction and what was the first thing you did with the money?

If you ran a business what tough lessons did you learn about yourself, your employees and your customers during this time?

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If you lost someone during this time (whether to covid19 or not), what would you say to them now if you had the chance? Describe a memory that was particularly poignant about that person.

What would you tell your children and/or grandchildren about this time years from now? What do you hope their generation will do differently?