

# Finding Personal Meaning During the Pandemic

## You Should Know

During the COVID-19 pandemic, it might be difficult to stay positive—especially if you are quarantined and housebound. When confronted with constant change and unpredictability, it can be easy to develop a “why bother?” mindset. This makes it challenging to care about things that used to bring joy or satisfaction, or to find new sources of fulfillment and purpose.

This worksheet provides suggestions to help you find meaning during this frightening – but temporary – way of living.

## What to Do

Here are several strategies for improving your mindset and finding meaning in your present situation.

**Appreciate the present moment.** Concentrate on the present instead of what has already happened or what might happen in the future. You are okay in this moment. Breathe. You have food. You are not sick. You can go outside and take a walk.

Write down the sights, sounds, and smells that you are experiencing at this very moment. Is your chair soft and comfortable? Do you hear birds tweeting outside? Do you smell coffee brewing or dinner cooking? Write them down here.

---

---

---

---

---

**Express gratitude each day.** Think of at least one thing you are grateful for each day. This is an important practice for yourself, as well as your loved ones, and it has a positive impact on your emotional health. What are you grateful for today: Your family’s health? Your ability to connect with old friends online? A safe place to live? Write them down the things you are grateful for.

---

---

---

---

**Master a new skill.** You can find meaning when you use your talents and abilities to learn something new. Now is a great time to learn something that may have been too time-consuming in the past. What new skill or hobby would you like to learn or practice?

---

---

---

---

**Help others.** Volunteering your time and energy is an effective way to give your life meaning. Even during social distancing, there are ways you can support individuals and organizations: make financial donations, deliver food to homebound seniors, send thank-you cards to healthcare workers, or make check-in phone calls to sick friends and neighbors. What are some ways that you can share your time or talent to help others?

---

---

---

---

What other activities give your life meaning? List them here.

---

---

---

### **What to Do**

Choose three activities from the list above that you will do over the next week to create meaning in your life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Reflections on This Exercise

Which strategies were most effective in creating a sense of meaning in your life? Describe.

---

---

---

Who are the people in your life who can support you in identifying and engaging in meaningful activities?

---

---

---

Which strategies would you most like to continue once the pandemic is over? Why?

---

---

---