**Journey of the last three months**

* tracking events chronologically

**draw a timeline, recording events and feelings**

* your feelings and responses
* feelings you have had time to process
* and those you have had to set aside.
* The ever changing landscape of demands
* The constant news updates
* Family demands and concerns
* Isolation
* Illness
* Recovery

**use a mind map to explore your memories and feelings**

* Expectations of the parish (es)
* Funerals changes and challenges
* Staying out of our buildings
* Ministry on the phone and internet
* Missing interaction
* Enjoying the quiet
* Frustration at changes in communication
* Exhaustion

**Create a picture or collage of images that resonate**

* Sensory overload
* Time in prayer
* Enjoying the daily exercise
* Working in the garden
* Overeating
* Drinking too much
* Lack of **sleep.**