



Historical Society of Princeton
at Urdike Farmstead

Journaling COVID-19 Guidelines

Follow our prompts to help you reflect on this historic moment. You will have the option to add your journal to the historical record, or keep it for yourself. Experts say journaling can help us all cope with feelings of anxiety and loneliness during this time, and it's how people have documented their thoughts for centuries.

Format

You can write on paper, keep a vlog, record voice memos, save your Instagram stories – a journal can take many forms!

Keep Us Posted

Drop us a line and let us know you're journaling! Email share@princetonhistory.org.

Prompts

Here are just some suggestions of what your journal entries could address:

- When did you first hear about COVID-19? What was your initial reaction?
- Are you staying home as much as possible? How are you keeping busy?
- Have you picked up any new hobbies to stay busy at home? Revived any old hobbies?
- What have you found difficult about staying at home? What have you found easy?
- In what ways have you been personally affected by COVID-19?
- Have you faced any struggles with social distancing?
- How have you been staying in touch with people as you socially isolate?
- What is something you'd want people in the future to know about your experience?
- What are your hopes for the future after this pandemic?
- What's the first thing you plan to do when no longer sheltering-in-place?
- What have you observed as changes to society or the Princeton community as a result of this pandemic?
- How do you feel about the national, state, and local response to the pandemic?

There is no right or wrong way to keep a journal related to historical events. Today, journaling can help you cope during this stressful time. In the future, your journal can show people that humanity responds with resilience to challenging situations.

Donating Your Journal

Hold on to your journal for as long as you like. If and when you are ready to pass it on as a historical document, please reach out to the Historical Society of Princeton at share@princetonhistory.org.