

Coshocton Public Library COVID-19 Journal Project

Do you keep a personal journal? Or have you always wanted to? Now is the perfect time to give it a try! Journals are a great way to capture the important moments of your life, as well as the important moments in our collective history.

The Coshocton Public Library would like to encourage Coshocton County residents of all ages to write down their thoughts, feelings, and experiences during these days of the COVID-19 pandemic. Our library has a wonderful Local History Room and we would like to create a collection (once we get back in the building!) of written reflections on this important historical moment.

Instructions for contributing journal entries to the library will come later. For now, just start writing to create a valuable resource for future generations. Below are some prompts to help you begin to tell your story.

- Create a personal timeline of how the awareness of the virus developed for you. When did you first hear about it? Did you pay much attention to it then? When did you begin to realize that it was serious? Has the reality of it set in even now?
- How has social distancing and sheltering in place affected you personally? Are you doing school from home? Working from home or still going to work? Have your days fallen into a new rhythm?
- What is the hardest thing about staying home? What is the easiest? Did you have any big plans that have been waylaid or any special occasions that have been altered?
- Which friends do you miss the most? What do you miss doing with them?
- How are you staying connected to family and friends?
- Are you reading any good books? Watching any good movies?
- Are you doing any crafts or hobbies? Have you learned a new skill?
- Have there been any pleasant surprises in this experience? Have you learned anything about yourself? Are you gaining any wisdom that you will take into your future life?
- Have your grocery shopping and eating habits changed?
- Are there humorous things that have happened? Funny things that you have seen on social media? (Like lots of toilet paper jokes and jokes about wearing your pajamas all day!)
- If you created a playlist of songs that reflect this moment in history, what songs would you include?
- Some people have compared the current state of affairs to other moments in history such as the flu epidemic of 1918 or the rationing and blackouts of World War II or the closing of swimming pools and movie theaters during the polio epidemic. Do you have any thoughts on this? Have you studied any of these periods or read books about them? Do you have relatives who lived through these hardships? Are their lessons there that we can learn?
- Have you or someone close to you contracted the virus?
 - Describe how you are coping with that both physically and mentally.
- Are you experiencing moments of sadness, fear, hope, or gratitude?