Making meaning During Covid–19

Discover a sense of purpose
Create a list of personal, familial, cultural, professional, and religious values and life goals

Reflect on your sense of meaning
- Think how your values have guided your life experiences and fit together to create a complete picture of you
- Change your perspective on the pandemic as an opportunity to try new ways of finding hope and meaning in your life
- Focus on the strengths that will help to carry you and grow through these difficult times
- Remember past experiences which you have endured and think about what helped you during those difficult times

Make meaning with others
- Practice simple acts of kindness towards others and be generous with your time
- Reconnect regularly with acquaintances, friends, or family to develop a sense of social connectedness

Be open to support
- Let others support you and your physical, emotional, psychological, and spiritual needs
- Use gratitude to express appreciation to those who offer their support

Life changes can make us question our sense of meaning
Notice that difficult events can shift our view of the world and understanding of our own life meaning

Try gratitude journaling
The act of writing out your experiences is proven to increase self awareness, relieve stress, help you to recognize your emotions, and boost your mental health

Making meaning is often described as the last step in the grieving process. It is key to healing and can help us regain productivity in our schedules. Throughout the whirlwind of uncertainty during the pandemic, making meaning can also help us restore our sense of self control

Want to know more? Check out these resources from Emory, Psychology Today, and Empathia