



## Story Prompts

### *Story Studio: Reflections on Covid*

We suspect that many of you have an interest in recording a story because you have a clear idea of the story you'd like to share. These prompts are only intended to help those who may be looking for a starting point. They may help you to gather your thoughts and find a way into your story. If you don't see a question that inspires you then ask yourself: What question do you wish someone might ask you? This may surface a place for you to begin. Trust your instincts. Trust your heart. Remember that there is only one you in all of history. You are the only one who can contribute your voice to reflect on this extraordinary time. We are looking for 2-5 minute stories.

### Possible Prompts

Before you begin, we encourage you to consider your ideal audience. Who might you like to share your reflection with? Imagining an ideal listener (a spouse, family member, close friend) or a supportive group can help you to find your way into a meaningful story.

- When did you first realize the pandemic was going to be a significant change in your life and the world? Consider describing that moment as vividly as you can.
- Describe the ways you have witnessed colleagues and staff supporting one another. Consider reflecting on a specific moment that has stayed with you and may stay with you for years to come.
- Consider the person you are today and the person you were just before the pandemic started. How are you different?
- How has your work inside the hospital impacted your life outside it? Describe the challenges you have felt navigating between these two worlds.
- When you look back on the pandemic months or years from now, will you remember one significant personal challenge that will rise above all others? Can you describe that challenge and share how you felt after you realized you had successfully responded?
- What life lessons have you learned along the way? What would you like to remember about this time to carry forward with you into the future and to share with future generations?
- What are you most looking forward to as you anticipate your life after the pandemic?