

# REFLECTIVE WRITING PROMPTS: EMOTIONAL HEALTH

Please answer the following questions

When was the last time you felt emotionally overwhelmed? How did you come back to baseline? Did you learn anything from the experience?

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Have you ever had a bad experience on social media? How did you manage it? Have you ever taken a break from social media?

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What was the last psychology/self-help related book that you read? What was it about and how did it relate to you specifically?

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