SOC CARE CORNER

May 1st, 2020

CREATIVE JOURNALING IDEAS

Are you having some trouble gathering your thoughts, or would like to find fun ways to journal? If so, below are some journaling resources, prompts and templates!

**Bullet Journaling**

**Bullet Journaling for Mental Health and Anxiety**

**Future Self Journaling Worksheets**

I Am Grateful for…. Worksheet

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ZOOM FATIGUE, YES IT’S A REAL THING

If you find constant virtual connection exhausting, you’re not the only one. With nowhere to go and constant zoom meetings on your schedule, it’s not surprising that people are experiencing signs of fatigue. Check out the article below for tips and information on how to beat “zoom fatigue”.


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“The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands in times of challenges and controversy.” – Martin Luther King

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COVID-19, WHAT CHILDWELFARE SYSTEMS NEED TO THINK ABOUT

Read the article below for information on how COVID-19 is impacting the Child Welfare system and our nation’s most vulnerable children.


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For the latest info on resources go to: https://www.ok.gov/odmhsas.org find the box labeled COVID-19 information