

LGBTQuarantine



Let's go back in time! Think about your life as a teenager. Put yourself back in your own shoes. Picture your friends and family, your hobbies, a typical day.

What made you happy? Sad? Anxious?

How did you cope when you were sad/anxious? What helped you to feel better?

How might your coping mechanisms have been affected had there been a pandemic during your adolescence?

