**Reflection Sheet**

**Exercise 1:**

* How does this resonate with you?
* What have been your overriding emotions during the pandemic?

**Exercise 2:**

* What does the concept of psychoneuroimmunology mean to you?
* How can you generate more positive emotions?

**Exercise 3:**

* What is the greatest loss you’ve experienced during Covid-19?
* What is the greatest gain you’ve experienced during Covid-19?
* What are you learning about yourself during Covid-19?