



Discussion Guide for Part 2:

“Pretty standard Spider-Man stakes... You get used to it...”

1. How has the COVID-19 pandemic, with all its precautions and changes, affected your stress level?
2. How can you tell when you are getting “stressed out,” or that stress is starting to get to you? Where do you notice it in your body?
3. When you are stressed how does it change your interactions with other people? What do your friends and family say happens to you when you are stressed?
4. How can stress be both helpful and harmful sometimes?
5. What is it that helps Miles relax? What helps you relax?
6. Do you take care of yourself? What does that look like, in practice?
7. How has taking care of yourself changed in the COVID-19 era? What have you tried that maybe didn’t work as well, and what have you tried that works well?
8. Is there any new habit or practice that you have started during COVID that you might want to continue when and if things return to “normal”?