



most days.
(from may-sept)

its hard.

We try and find ways to deal. vitamins, nettle tea, netflix, creative projects, cooking stick-to-yr-bones comfort type meals, friend dates, letter writing... the list is endless. that said, we often forget that

we are all going through this

and that

it will be over soon

(hopefully?)

we live in
darkness—
seven months
of
the
year.

53.5444° N,
113.4909° W

