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COVID

19

*journals
of an uncertain
time*

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LAURA
DOUGLAS
2020



A NOTE:

these pages have been made one a day, with little (to no) thought for consistency. The plan is much the same as our plan for getting through this indefinite period: do your best and see what happens, see what emerges.

I've noticed how time has shifted. It jerks forward or lays behind, surges and stagnates. If I miss recording a day it's like it never happened, the landmarks are all gone.

I hope this is interesting to you, or to me in the future.

thanks 4
reading!

Friday March 13th, 2020.

Day 1



first time baking bread!



We tried to go to the grocery store but there was a line up to get in.



I also made cookies. I guess it just feels good to do something with my hands as everything gets freaky.

today the constant news and updates felt interesting, watching something strange and new unfold, with a tinge of fear.

Day 2

On the first day of "social-distancing" I pulled the Hermit card. The Hermit carries a lamp because he has found his "inner light" - how to make his own light. He has journeyed within, and he trusts himself entirely.



DAY 3

MONDAY, MARCH

16

today is not good. I feel scared. I got stressed reading about how the virus can be way worse for people with asthma (ie. Mark). The fear of somehow giving it to



someone you love is unthinkable. On top of that I feel despair at the idea of weeks, maybe even months without family, friends, community...





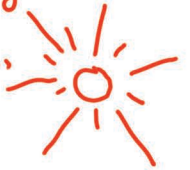
* Today felt more like a normal day.

* walked (in the snow!) to Concordia (to the Van Houtte café - Concordia

is closed of course) to pick up portfolios from Andrew for

my photography class. Then I went to the mall. I bought new running shoes at Winners because mine are trapped in my locker at the gym - which closed with very

little notice... and I know if I don't exercise I'll start to feel bad. And running outdoors should keep me sane, seeing the SUN.



In the evening Marge came over (she's been self-isolating too, and we didn't hug! :)) and the three of us got poke bowls from the place around the corner and then watched The Farewell (2019).



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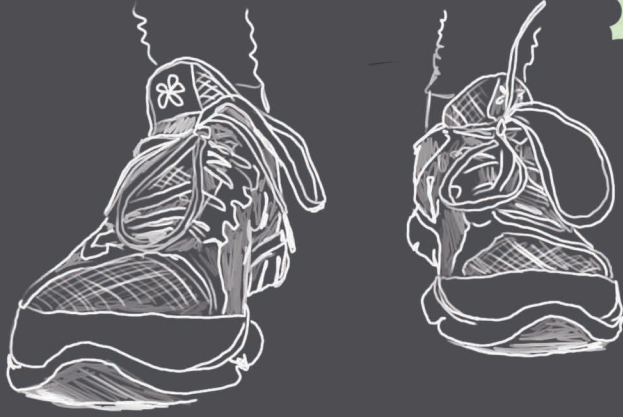
| ISOLATIONES | | |
|------------------|-------|---------------------|
| School | Art | Hobbies |
| Home improvement | Work | Other |
| Reading | Books | Career/applications |

I also made a big poster of lists so I don't go CRAZY!

in

Day 5

March 18 2020



Baldwin
Park

discovered that if I run to this park,
around it, and back, it's exactly 6 km

cold air in my lungs
washed-out vision
slushy world.

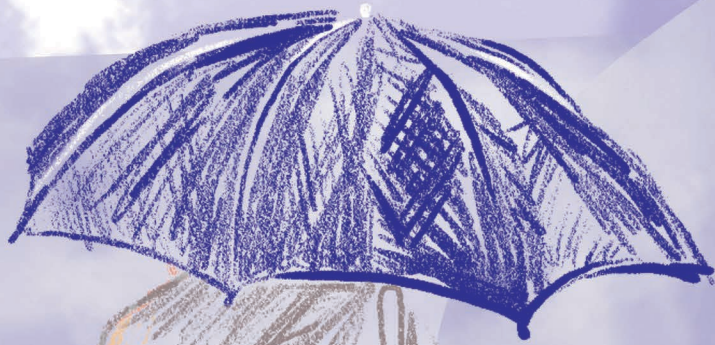


Day 6

today, I feel sad? Or,
today, I don't know how
to feel. Is it isolation or
this project, driving me to
track my emotions like a
graph. Like data that is supposed
to tell us something, but
everyone has their own
interpretation.

↖ side note:
I've gotten a lot
of crocheting done these
past 5 days ...

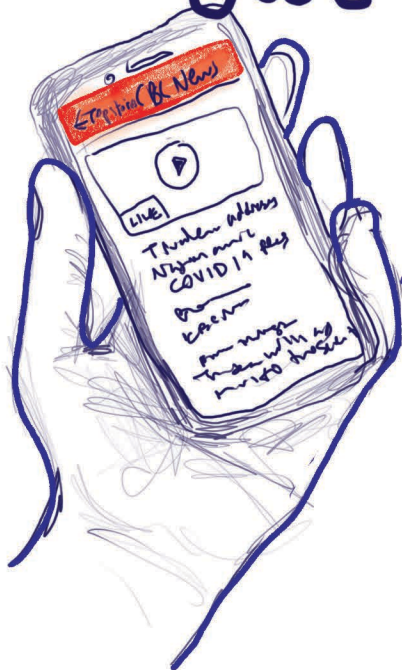
Day 7



today
the rain brought CLARITY
and we recorded the
sounds of melting



Are we 1 metre apart from
our loved ones?



I hate
how much
I've been reading
the news
☹

DAY 8

DAY 8 we went for a walk (four people) We walked on quiet streets and in the park, so we could stay far apart.

I don't know what happened on DAY 9.

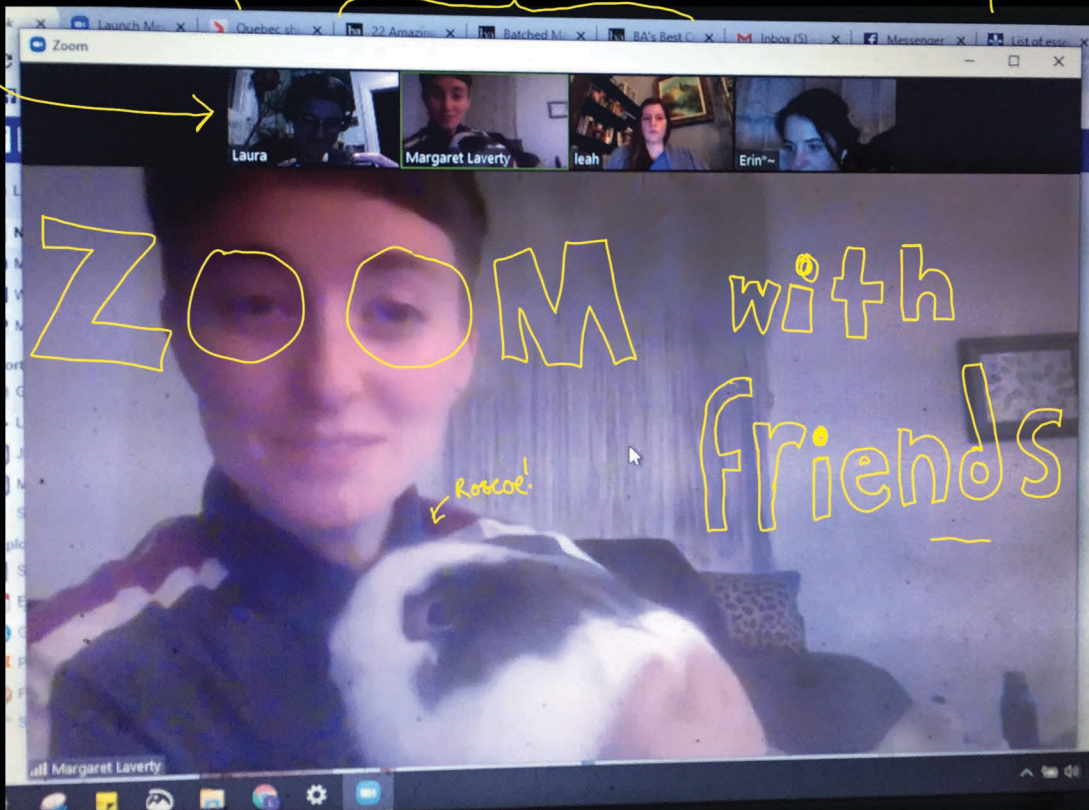
ON DAY 10 that walk was illegal (Montreal police can now give you a \$1000 fine for walking in groups of more than 2, or for standing too close)

me taking a photo of my computer screen with my cell phone. There's something I find hilariously dumb about doing that instead of a screenshot

news: ↗

Cocktail recipe on bonappetit.com

List of "essential services" in Quebec. After tomorrow everything except these will be closed.



ZOOM with friends

roseae!

* DAY II *

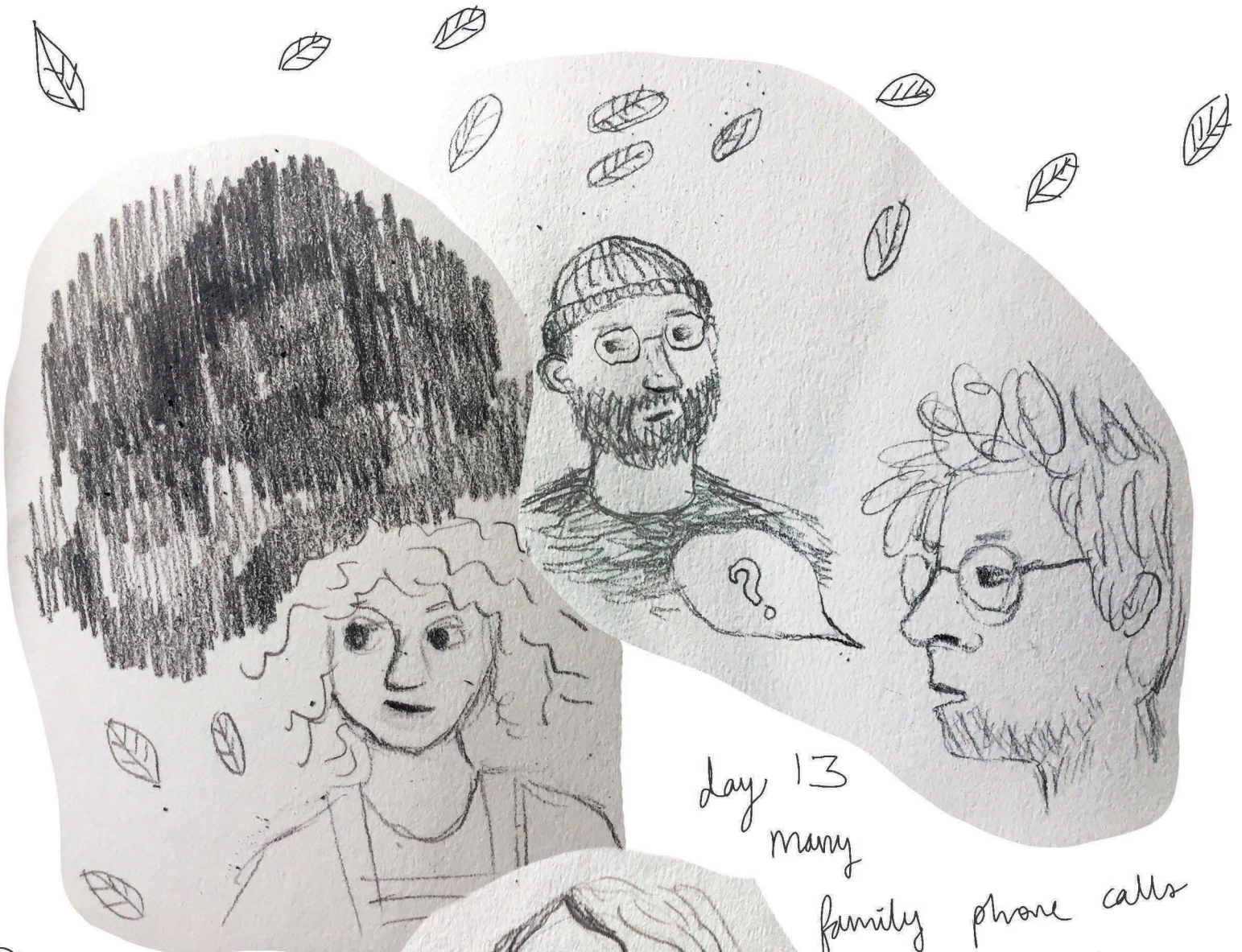


Day 12

I wonder about all the people
who stand way too close when they talk to you
maybe this is what will finally
move them see

the error of their ways.





day 13

many

family phone calls
to decide if Liam
and I should go
home to the island
until this is over.



We decide to stay in
Montreal for now.