

## **Self-assessment**

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Now is the winter of our disconnect.  
Self-monitor for melancholy and treat  
yourself gently. If you notice signs  
of cabin fever, seasonal depression  
or longing seek immediate comfort.  
Remedies include lengthy phone calls,  
pillow talk and pet therapy. Crying,  
while alarming, is self-soothing and  
encouraged. Symptoms of ennui  
include doomscrolling, scatterbrain  
and burnout. Cat naps, poetry and  
neighbourhood walks are means  
of combating the negative side effects  
of burst bubbles. See instructions on  
how to practice safe hibernation in  
your household this season by accessing  
our in-depth guide on rest. Expert home  
bodies are on call to answer any questions  
you may have. Most importantly,

remember:

*we are apart  
but not alone.\**

\*Line taken from the Canadian Mental Health Association's website