

Sue's News

Nov 2020



Hello everyone,

How are you? More specifically, where are you on Sue's Stress Scale? **SSS™** !

I've never been a Delicate Cupcake, even under non pandemic conditions. Today I'm on the cusp between Giant KitKats and Diabetogenic Donuts. While remaining at high risk of rapid progression to a full blown M&M Meltdown. Right Dr K.H?

Suffice it to say that in our house a packet of Tim Tams has a very short life expectancy!

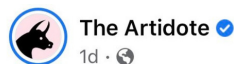
With irregular schedules, financial uncertainty, working from home or being off due to Covid isolation it's not surprising that many of us may be drinking more than usual. 20% of Canadians who drink alcohol are now drinking daily and women often exceed the low risk guidelines.

Note to self - Quarantini-ing through a long winter is definitely not a strategy and probably not even a verb!

My current husband tells me I'm annoyingly repetitive, but I'm going to say this again & again & AGAIN.

If you or your family are struggling with alcohol or any issue please call **1-877-767 4637** for confidential, professional support.

I've included "The Antidote" below because it's funny/not funny and is a great example of editing ourselves. We all need people around us who can read and respond to the original without judgement.



The Artidote ✓

1d · 🌐

"Hi. Sorry I haven't texted you back. I've been anxious and depressed. I haven't had time to catch my breath, you know how life gets. I am so drained I can't even collect the energy for the most menial of tasks, like texting you back or washing the one dish in the sink. The weather has been beautiful right? Yesterday I fought off a panic attack while I was driving. I had to pull over because my vision was blurred. I focused on how blue the sky was. I haven't washed my hair in three days. I just want to sleep all the time, but if I told you, you would want to uncover a reason behind all of this, and there is no tangible reason you would accept as valid. How are you? I hope well. Let's get dinner soon!"

—[instagram.com/thealiciacook](https://www.instagram.com/thealiciacook)

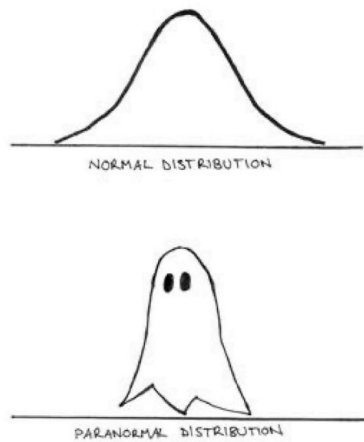


How are you doing today?

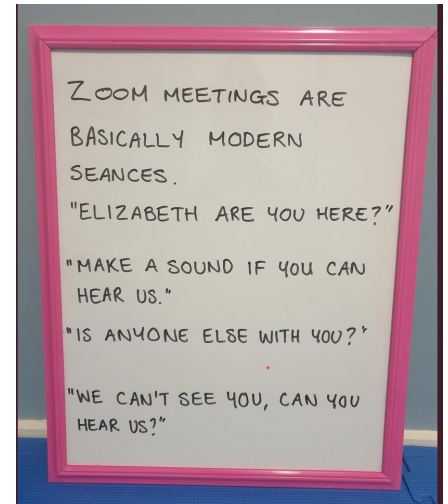
Please identify your current level of Fauci



@karenerrichetti - Epi Barbie



Fresno.



Coronacoaster

noun: the ups and downs of a pandemic. One day you're loving your bubble, doing work outs, baking banana bread and going for long walks and the next you're crying, drinking gin for breakfast and missing people you don't even like.



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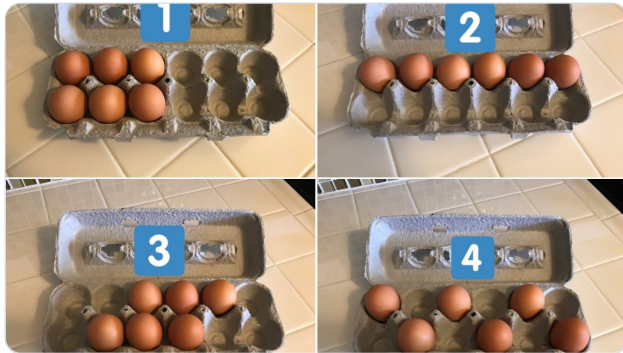
Yehuda Moon @YehudaMoon · 2015-07-25

I can't be the only one who sees these radar speed trailers as a dare...

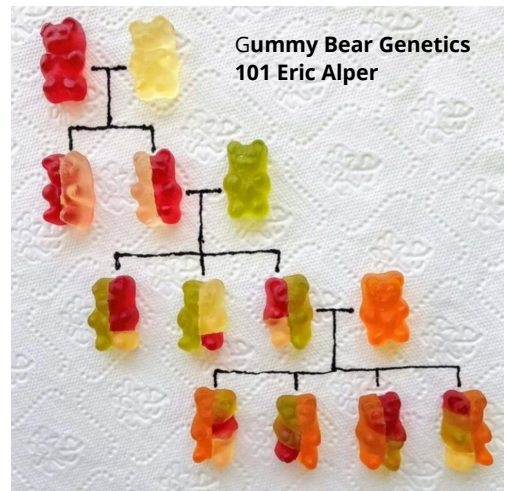


Gavin Jones @ecologyofgavin

you're halfway through your carton of eggs: what is your personality type



i submit one officially sanctioned alternative, in the same philosophical lineage as 3:



Gavin Jones @ecologyofgavin

this message from preschool about picture day is a 2020 mood

All pictures are tomorrow, Wednesday 10/7.

We only do pictures the second day, Thursday 10/8 for those who are absent OR for those who would not stop crying.



Tom Gauld



by Rosemerry Wahtola Trommer

On Earth, just a teaspoon of neutron star
would weigh six billion tons. Six billion tons.
The equivalent weight of how much railway
it would take to get a third of the way to the sun.
It's the collective weight of every animal
on earth. Times three.

Six billion tons sounds impossible
until I consider how it is to swallow grief—
just a teaspoon and one might as well have consumed
a neutron star. How dense it is,
how it carries inside it the memory of collapse.
How difficult it is to move then.
How impossible to believe that anything
could lift that weight.

There are many reasons to treat each other
with great tenderness. One is
the sheer miracle that we are here together
on a planet surrounded by dying stars.
One is that we cannot see what
anyone else has swallowed.





perfect at this, i am not. but persistent, i am.

Roshi Joan Halifax

I cannot tolerate messages about resilience or toughness right now.
I don't need mindfulness tips.
I'm not fine, as none of us are, and I'm not short on gratitude either.
I feel deeply normal right now. Not a superhero, not virtuous, not exceptional.
Just a normal human ... humaning normally and am not going to pretend otherwise.

Dr Esther Choo ER physician



Finally here's a little game from Twitter.
Your new name is your current state & what you last ate!

Thank you so much for reading,

All good things,
Sue/Shattered Cracker (Wannabe CalmCupcake!)

