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## Two Poems

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## Avoiding solastalgia: A collection of strategies

SOLASTALGIA | noun: *the psychic or existential distress produced by environmental change (such as mining or climate change) on people still living in or directly connected to their home environment. Coined by Australian environmental philosopher Glenn Albrecht, 2003. Compare nostalgia, homesickness, melancholia.*

#1: move every year.  
discard knickknacks from friends  
interrogate objects of affection  
if it is not useful, throw it away  
internalize the knowledge of transience

do not plant a garden.

#2: live in an apartment in the city.  
forge human bonds  
love your neighbour, your neighbour's wife  
leave in the middle of the night  
recognize the skeleton in your lover's smile

stay away from children.

#3: study Buddhism.  
disciple yourself to Christ  
look at the world through the lens of religion  
attain the enlightenment  
that comes from rejection

distrust human promises.

#4: run away from family.  
flee from marriage and offspring  
do not date the nice boy down the street  
resist the urge to put down roots  
hack them off before others can

run discomfort like thread through your arteries

never, never look back.

## **toronto summer**

and these are the nights when we wish  
we were high  
flying over it all, out past the  
clinging humidity, the grit in the air  
the cloyed warmth oppressing heat  
just wanting a breath  
down here where we don't touch  
each other sticky heat lying between us  
air solidifying with each puff of breath  
we are the problem  
and there is no solution

**ARIEL KROON** is a PhD candidate at the University of Alberta, studying post-apocalyptic Canadian literature from the 20<sup>th</sup> century. She writes poetry from time to time.