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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 20th century. She writes poetry from time to time.