

And if you feel that things are getting hard, slow down. Drink in a story. And a hot drink. Watch something. Read something.

Remember, there is no point to life. That's what makes it so utterly beautiful. *It's what you make of it.* Life is yours to create, it yours to make sense of. I know that can be overwhelming sometimes, it is a big responsibility to hold life in your own hands, especially when everything seems bleak.

So, take it one day at a time. Move your body. Do something *you* want to do. Make some art, even if it's just in your head. Take your time with your life.

Do what you love. Think about the stars that you see in the night sky, stars that died and gave birth to others eons before. Read about food. Light a candle at that moment of the day that isn't afternoon and it isn't evening, when it isn't light, but it isn't dark, and look at the flame. Sit with your cats. Read Norse myth. Watch a good sitcom.