

# Collina

MY YEARLY NEWSLETTER

## The Un-Ending Year In Review: An Honest Recap

BY DJ

My newsletter this year might feel a little different, so I hope it finds you well. I feel like it's better to be totally honest instead of faking it with "I'm doing great," and all that malarkey.

This year began like any other, as I'm sure it all seemed to most of us. I was home all the time anyway, so once lockdown hit, it didn't really feel all that different to me. After using Zoom for years, finally my friends and family began using it as well. Even though I wasn't able to see my friends and family in person, I was able to hang out with so many people online that I didn't feel lonely. That was really nice.

Then I started to get really anxious about fucking everything. The world was falling apart right before my very eyes and I felt absolutely helpless. Then I realized I could do something with all that nervous energy. I made a shit ton of masks! It was really cool to feel like I was making a difference. I made 700 of those suckers and more than half of them were donations to healthcare workers. Suddenly, I became super burnt out from making masks. I never want to see a mask again. Of course I wear them! But, I don't want to cut out another mask for a very, very, very long time.

I started watching a ton of old tv shows thanks to Hulu and Netflix. Watched every episode of The Golden Girls, The Gilmore Girls, The Mary Tyler Moore Show, and Community. From start to finish. By June.

I hit a super low after that, and thought I was losing my damn mind. Turns out, I kinda was. Told my doc about it and I finally agreed to go on a super-low-dose anti-depressant. Always been that kinda gal who would opt for the homeopathic remedy (for pretty much everything) however there's only so much Ashwaganda one can consume in a day. This time it didn't feel like the natural route was going to be enough and I must say it is relieving to feel like a human again and not feel like I am living on the wrong planet. The first month, I didn't cry...at all. After crying every day for 5 months it felt very foreign to not cry. I'm feeling a lot better. I've recently accepted the position as an assistant for an Interior Designer and the year is ending really well. Sure, it was rough for a while, but I made it! So did you.

Hoping your year ends on a high note too!  
Much love-

Donna June