

Title: Coping with Loneliness During Quarantine
Author: Hannah Monroe

Zine Printing Details: Digital printing on paper
5 pages, 8.5 inches by 11 inches
2020

Texture: This zine is printed on smooth, glossy, magazine-style paper that crinkles and bends when touched.

General Description: This zine is a colourful collage of photographs, cartoons and text set against a deep blue background and depicts the author's ways of coping with loneliness during COVID-19.

Page 1: Coping with Loneliness in Quarantine.

Text reads: When quarantine started I was sad and worried because it's hard for me to reach out to friends and I have always coped by going to my favourite café to see my friends there. Quarantine forced me to change how I interact with people and maintain my friendships. Here are some ways I did that and other ways I took care of myself during quarantine.

Underneath this text is a cartoonish digital illustration of a sleeping spotted purple cat.

Page 2: Spending Time in Nature

Below the title are four photographs: the first is trees with bare branches along a trail on a cloudy day; the second, a vibrant close-up of green evergreen branches; the third, a winding path and lush green trees; and the fourth, the dark silhouette of a leafless tree and autumn colours.

Page 3: Art and Music

There is a photo of a young white woman with long brown hair in a ponytail. She is wearing shorts and a tank top and is playing the fiddle on a sidewalk in front of a red brick house. This page also has a watercolour painting depicting the silhouette of houses with lit windows and a blue sky. Accompanying text reads: "Playing fiddle for my neighbor's birthday!" and "Community while physically distancing."

Page 4: Virtual Café

The text reads: "To make up for not being able to go to cafes, I came up with the idea of a virtual cafe where people can spend time together in the same way. I planned for this to be a regular thing. Unfortunately, it didn't take off on my first try, but I'm collaborating on a new one that's more organized."

Below the text, there is an illustration of a virtual café. Thought bubbles appear above three people sitting at computers. Above the thought bubbles, the same three people sit together having coffee at a real-life café.

Page 5: Hope for the Future

The author shares her reflections: I've changed a lot during this time through therapy and self-reflection. It's been really hard sometimes, but I think my perspectives have changed in positive ways. I'm looking forward to winter being over and case numbers going down. In the meantime, I will try to continue using these strategies. I hope you're well and that these strategies can help you too. I hope things get better for everyone soon.

Below the text is a drawing of a purple spotted cat standing on all fours, looking to its side with what appears to be a smile.