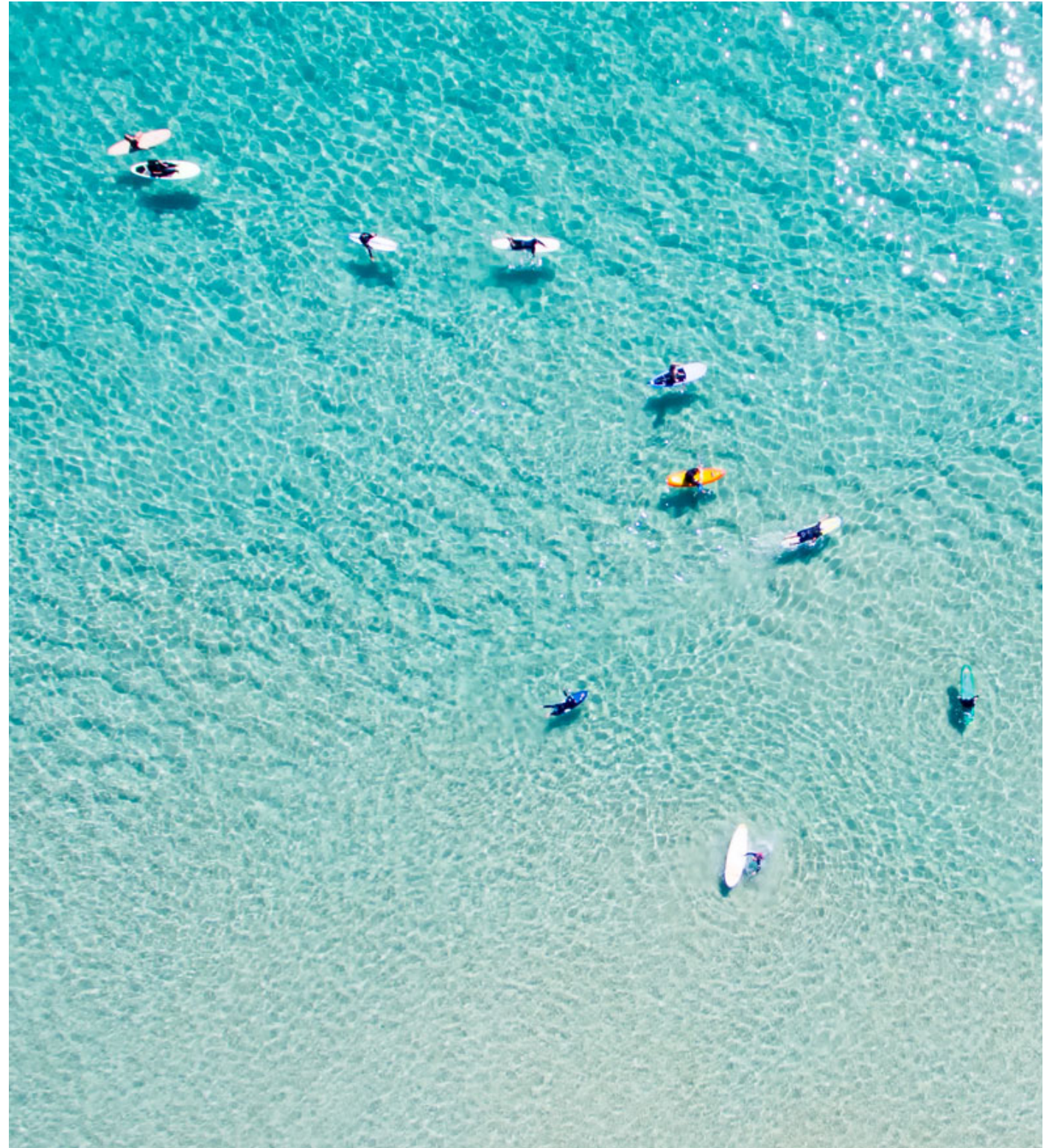


# Things (and People)

That brought us  
Joy and comfort



# Dear Friends and Colleagues,

We have compiled this collection of items that are bringing us, the EALC community, joy and/or comfort in the midst of these strange, unpredictable, and stressful days.

We hope that this missive can bring you and your loved ones some of the joy and comfort it certainly brought us in compiling it. We hope it can serve as a reminder that there is joy in small things and in community, even in hard times.

We hope to continue with this project, so please continue to send us your items of joy or comfort!

Sophia & Yunjun



# Painting

I found painting  
calms me down  
and makes me  
forget about all  
the stress.





## Jiayi Zhu

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To establish a (somehow) healthier workout routine, I discovered this influencer on instagram and youtube: [https://www.instagram.com/pamela\\_rf/](https://www.instagram.com/pamela_rf/) and [https://www.youtube.com/channel/UChVRfsT\\_ASbZk10o0An7Ucg](https://www.youtube.com/channel/UChVRfsT_ASbZk10o0An7Ucg)

She creates workout plans that cater to different levels utilizing her youtube videos each week on instagram, and I've been doing that for three weeks now! I like her playlist and 30-min a day doesn't sound too bad to sweat and start the day.

## Yueling Ji

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<https://www.youtube.com/watch?v=DgWQRksEGWw>

<https://www.youtube.com/watch?v=Efui0nIGRtM>

<https://www.youtube.com/watch?v=aKe7V1o5F10>

<https://archiveofourown.org/>

# Workouts



# Music

I saw this video released on youtube today, a piece by the Japanese composer Ryuichi Sakamoto called "Improvisation for Sonic Cure". It's a thirty-minute long, very quite ambient music piece. As you can see in the introduction page, this piece was originally broadcast on February 29th to encourage isolated people in China, and now the composer has made it public to share with people in isolation around the world.

<https://www.youtube.com/watch?v=dIoz-SsXoDs&t=69s>

I wanted to share with you this piece because ambient music has been my major source of comfort lately, and the context of this piece makes it particularly relevant for the project we are doing here.

# Drinks

The Instagram account @dognamedstella – they are super famous so probably not that special, but the puppy faces just make me smile every time. 😊

Recent favorite drink recipe:(see pic):  
STASH wild raspberry hibiscus tea+  
Sprite + ice cubes + 1 slice of honey  
lemon (optional). I like the fact that it  
refreshes my mind while staying caffeine-  
free. Plus, it reminds me of an ice tea  
from Starbucks, so it kind of brings back  
memories of the good old days when  
Starbucks still open.





## David Hogue

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Spending time with my partner Kwansook has definitely brought me the most joy. The food is of a dinner of traditional Korean namul (“mountain herbs” 나물 山菜) dishes that we had at a local restaurant after climbing up and down Dobong Mountain (“Way Peak Mountain” 도봉산 道峰山) north of Seoul last weekend. I love hearty vegetarian and vegan meals, and that one hit the spot! The other picture is from hiking Gwanak Mountain (관악산) to the south of Seoul. The pools are closed in Seoul, so I hike a circuit up and down the mountain for exercise a few times a week. The foot of the mountain is just 10 minutes away from where I’m staying in south Seoul, so it’s a convenient alternative to swimming.









# Gardens



I've attached a picture of something that's been bringing me a lot of comfort: the little strawberry plant my partner and I have been raising. We've been trying our hand at gardening recently, having been given a plot at the local public garden, and this strawberry plant is one of the plants we're growing at home. Trying to take a more active role in our own foodways, as well as getting a chance to get out and dig around in the dirt, has really helped keep me from obsessing too much over the pandemic, the job market, and all the other things I can't control right now. And if we manage to keep it alive for a while longer, it looks like we might even get some edible strawberries out of it!



# Yunjun Zhou

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Evelyn enjoying the springtime.



## Sophia Walker

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Spring flowers bring me a lot of joy. This is a beautiful field of daffodils near my home. Daffodils are one of my favorite flowers (as well as apple blossoms and lilacs!) because they are one of the first true signs of spring! I find it very comforting that no matter what happens, our springtime flowers are still blooming on schedule.



I have also found comfort in the Internet Archive and its huge collection of free books. I have been speeding through a series of excellent murder mysteries I had been intending to read for years, and they haven't disappointed me! Losing myself in (very) light reading helps to take my mind off of other things. [https://archive.org/details/isbn\\_0553278029](https://archive.org/details/isbn_0553278029) (A Great Deliverance, by Elizabeth George)