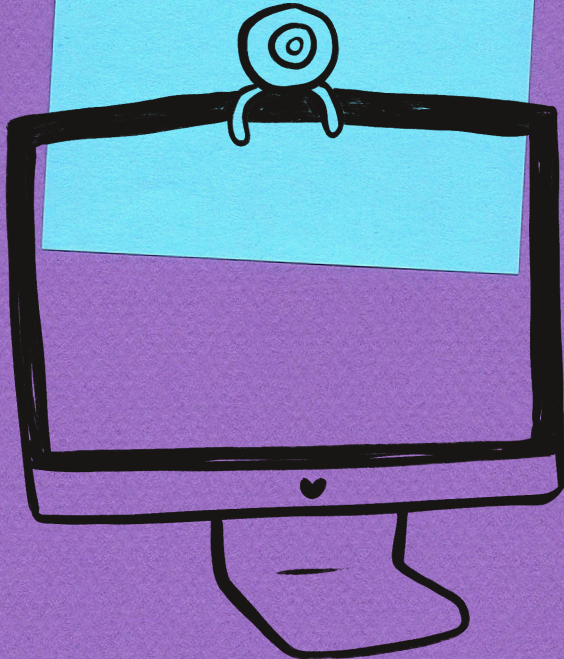


I JUST WANT  
TO FEEL LESS  
LONELY

Seeking meaningful  
connection in the  
static world of  
video calls

by Alda Lilja  
@ALDALILJA



This year has been so  
fucking stressful.

stressful, lonely, weird.

Thank fuck we have  
modern technology.

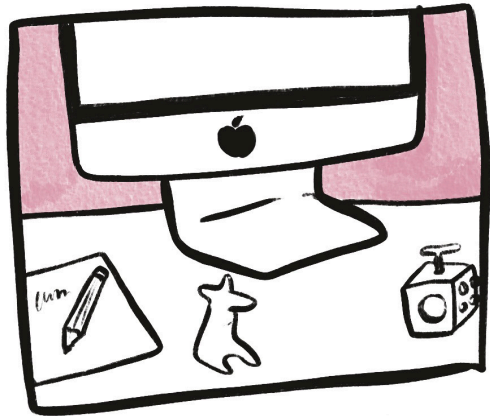


I am keeping it  
together for this  
video call, and after  
it I am going to  
break down and cry  
and eat pizza, okay?



you  
don't  
see my  
chewed up  
nails and  
bloody skin  
around them.

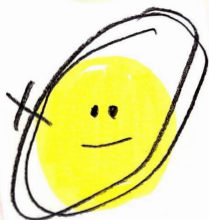
I like to  
keep fidget  
toys around  
to calm me  
down.



I don't  
wear socks  
at home. They  
feel restrictive  
to me. They don't  
see that.



HOW ARE  
YOU FEELING  
TODAY?



IT WILL  
ALL BE OK.  
I NEED IT  
TO BE OK.

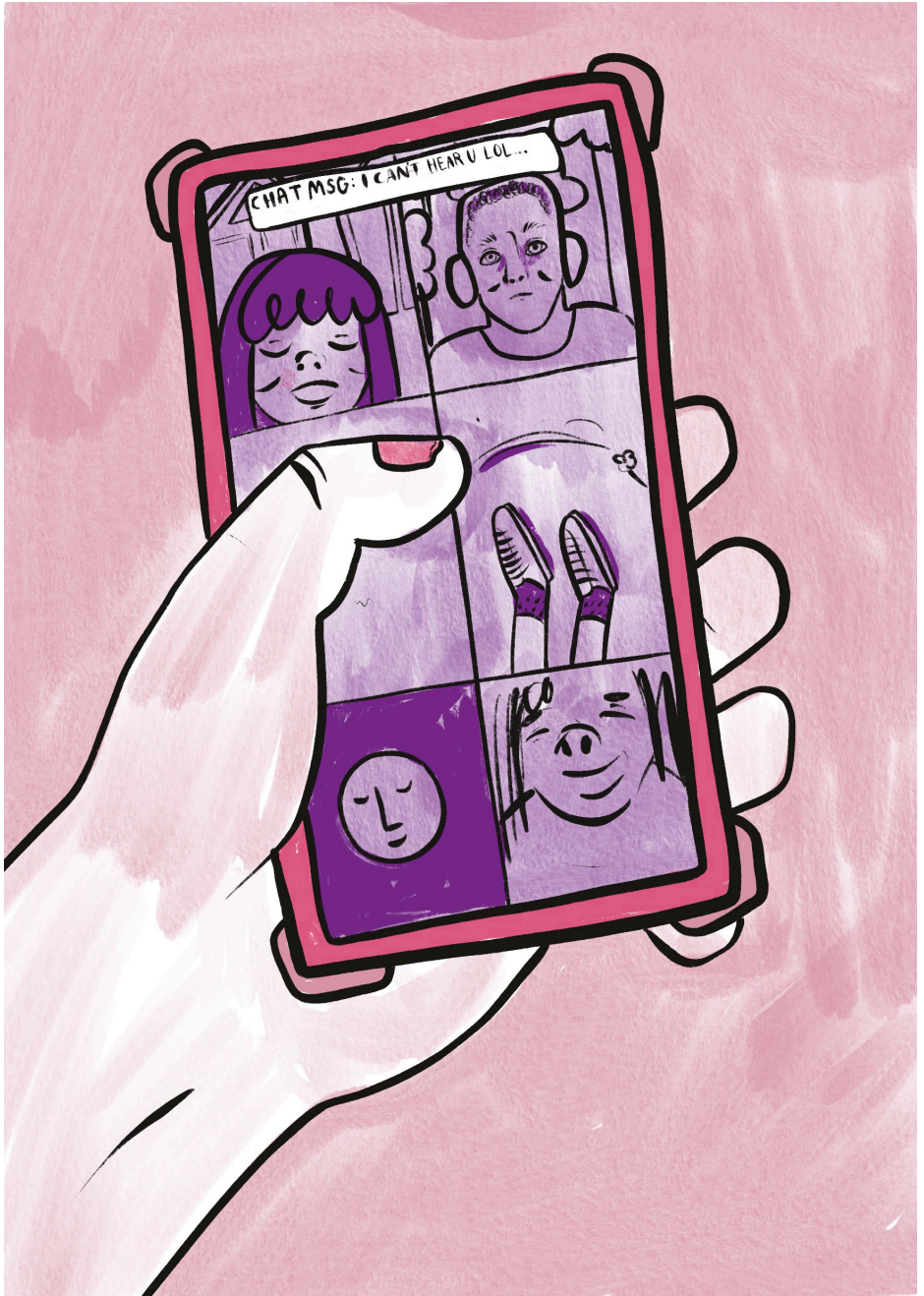
I am vulnerable

I am good enough

WE TAKE  
A WALK  
TOGETHER  
WEEKLY

AND IT'S  
GIVING  
ME PUR-  
POSE

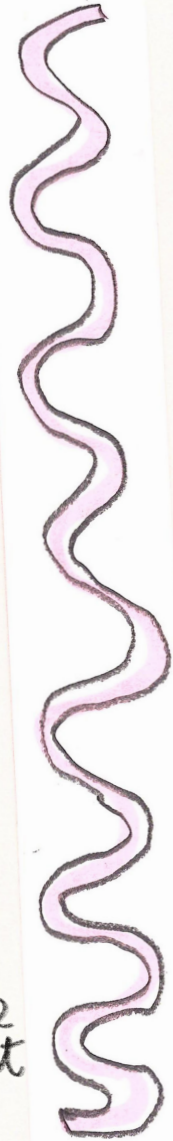
THANK YOU  
FOR SHOWING  
UP.







before a meeting I'll make  
my bed and take my clothes out  
of the frame.



damn, when I see my  
face in the screen  
sharing mode, I realize  
how asymmetrical my  
face is

**I AM SO  
FUCKING  
HUNGRY**

how does everyone  
always seem so  
put together and  
smart?

Will I ever be  
that cool, specialized  
and eloquent?

I should  
make pasta  
after this  
meeting...

you don't see my lack of sleep from having  
a 1-year old who pooped 3 times during the  
night, and also my negative thoughts that keep me  
awake. I'm tired and I want to sleep.



# THE ONLINE PARTIES

the Friday happy hour, where I dress up and put on my upper body and make-up, while continuing to wear my fleece pyjama bottoms I stole from my mum 10 years ago.



my good  
days

I will get  
out on the  
other end much  
stronger,

I promised  
myself

if I don't lean  
into my sadness I  
won't be able to  
grow.

watch me  
fucking  
grow

the good stuff  
is in the soil,  
that's where the  
nutrients are.





I will never  
not be grateful  
of my privileges,  
of having access  
to stable internet,  
and good friends,  
old and new ♡



bunch of  
research

why am I  
like  
this?

anyone who  
is willing to  
go out for food  
is a friend



I feel more  
confident  
now than  
I've



making a medical camera

its awesome

always interested in technical stuff

learned on the job.

I'm not too worried

my heart is so full of love

hvada lífr eru?  
bleitur / fjöluþlátur  
guler í dag

stressed  
anxious

fjarnám  
labbar í hringi



talked about nauriluses

stress:  
ACNH  
engin hætta/  
göt eða ~~blíva~~ nem

það er vont en þú venst - eins og anal

hidden thing: tattoos  
lorax flúr  
suppa-halds

by Alda Lilja  
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