

Literacy This Week



Yukon Literacy
Coalition

We are a society of people dedicated to improving the quality of life of all Yukoners. We do this by building the foundational skills required for lifelong learning; acknowledging that we are all adapting to an everchanging world.

Summer FOMO

“I’m awake because the sky is awake”, is a fun way of summarizing the difficulty of trying to sleep in the summer months under the midnight sun.

Whether you have moved from somewhere else or have always called Yukon home, the long hours of sunlight can be a challenge. Some use sleeping shades, black-out curtains, or simply a blanket over their head to help block out the sun. Others take advantage of the extra hours of sunlight due to “FOMO” (fear of missing out).

Trying to cram in as many activities a day as the daylight allows, at times, feels as though a single day turns into many. Summer means late-night fishing after a day of work, mountain bike rides, evening strolls with the dogs, paddleboard or canoe voyages, and the list goes on. In these late hours, you truly get a sense of how remote and quiet the Yukon can be. The town becomes quiet, very few are seen on the trails, and those you do pass are a part of this group of sleepless adventurers with FOMO.

The feeling of burnout can creep in, but that is part of the charm of the midnight sun. You can catch up on my sleep over the long cold winter days that are to come. Regardless of where you fall on the FOMO scale, have an adventurous and splendid summer!



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