

Seasonal Depression

We're currently standing on a giant rock orbiting a ball of fire, tilted at a very particular axis. This tilt is everything—it's why we have seasons, and in winter, it's why the sun sets so early. The days grow shorter, the nights longer, and for many, this shift brings on a wave of seasonal depression.

Less sun = unhappy people.

Life is a Miracle

One of the most apparent things I notice, while walking in the streets of Philadelphia during the winter season, is the amount of anger, frustration, and depression that is in the air. People are much more irritable, and you see much more chaos than in the summer. It's no coincidence, considering the fact that the days feel much shorter with the lack of sunlight in the afternoon and the earlier sunset time.

Even I find it frustrating because it makes me go inside too soon. Whereas in the summer I'll spend all afternoon until the late evening—around 8 PM—photographing, I now wind up going in around 4–4:30 PM.

This is all tied to the Earth's axis, tilted just so, governing these cycles of light and dark. In the summer, the sun feels endless, and life flourishes. In winter, the tilt shifts us away, bringing long shadows and early nights. **The sun is life, and when it's gone, we feel it.**

Time is Money

Think about it: how we spend our time is one of the most critical aspects of life. Most people barely see the sun in the winter. Picture the average person waking up, getting in the car, heading to the office, and spending the whole day inside. By the time they get home, the sun's already down. It's no wonder people get depressed.

The monotony is everywhere. You see the same people outside their offices smoking cigarettes like clockwork every day. **Pure dread and misery.** It's terrible, unethical, and just not good for anyone.

Breaking Free

What's the solution? Time and light are precious, but modern life seems to steal both from us. The grind of fluorescent-lit offices and traffic jams robs us of the sun. Maybe the answer lies in reclaiming time and finding ways to connect with light, even in its scarcity.

Imagine a world where menial tasks didn't consume our days—robots handling the mundane so we could step outside, feel the sun on our faces, and share stories around the campfire. A world where we weren't trapped by the tilt of the Earth but embraced its cycles with freedom and awe.

Seasonal depression is real, but so is the miracle of the Earth's axis. Recognize the rhythm, find the light, and remember: even in winter, the sun is still there, waiting.