

It's so Alien to us...



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I think I speak for everyone in the industry when I say 2020 is a year we could never have predicted. In entertainment, every corner we have turned has provided situations that have been so alien to us. Let's dive a bit deeper... normality has been ruffled, the routine has been replaced, our income has been challenged and both our mental and physical health has been questioned. That is an alien situation! It is unheard of and it is beyond unusual. BUT! Is there light at the end of the tunnel? Is there hope in this misty winter? The answer is simply yes, there is.

In July this year I was unfortunate enough to contract Covid-19. My wife was 33 weeks pregnant and this was my first week without a day job which meant no company sick pay. The situation went from bad to worse when my wife was then admitted to hospital with other health related issues. We were apart in moments where we desperately needed

to be together and neither of us had the strength to do what we needed to do for ourselves. Fortunately, after 3 days, my wife returned home but we then had to isolate from one another for the days and weeks ahead. All of this combined with having a virus which is killing people of all ages was not just physically challenging, but mentally challenging too. Needless to say this was an alien situation to say the least. In fact I reflect back now and think everything that happened was completely out of this world.

So what did I do? First of all, I wrote down and made a declaration every day, morning and night, that I would recover. I used what energy I had in my isolation to continue developing my business. I prayed every day and I changed my diet. Day-by-day I gained new strength. I was unwell for 5 weeks in total as after the virus I had a low white blood cell count which resulted in a further 2 weeks of complications after recovery.

The reason I am sharing this is because the only choice I was left with was to fight or to give up, and whether it was mentally, physically or in my business, I decided to FIGHT for my life back. The steps I implemented allowed me to orbit some form of normality but it certainly elevated me to new levels of drive. I was not just doing it for me, I was doing it for my family, I was doing it for my wife and my unborn child.

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So how does the story end? I am now back to full health with a new health routine and diet which gives me more sleep, more productive days and improved energy levels. Whilst unwell, I actually booked an animation job which I later went on to record. I have been able to support, converse and help other Covid patients with my experience, my business received a record month and finally, but most importantly, my wife gave birth on Saturday August 29th 2020 to a beautiful baby girl and we are all enjoying this time together.

Are the stakes high? Have you reached rock bottom? Are you angry, upset or depressed? Has your world flipped upside down? If that's you, I give you the same two options I was faced with back in July. Give up or fight! How do you fight back? Develop a declaration list which you recite, pray, meditate, do whatever you can to aid your mental state. Start a new diet and work regime, give your body whatever nutrition it needs and draw a line for when you're working and when you're off.

Finally, use these feelings to align yourself to your work and throw yourself into it. Even if you can only muster 10 minutes of social media or marketing a day, it is better than nothing. Ask yourself, what are your motivators? What is it that's slipping away? Make that your drive and push through the limitations to the breakthrough that is waiting for you on the other side.