

A personal view of my journey through lockdowns, shielding and the pandemic

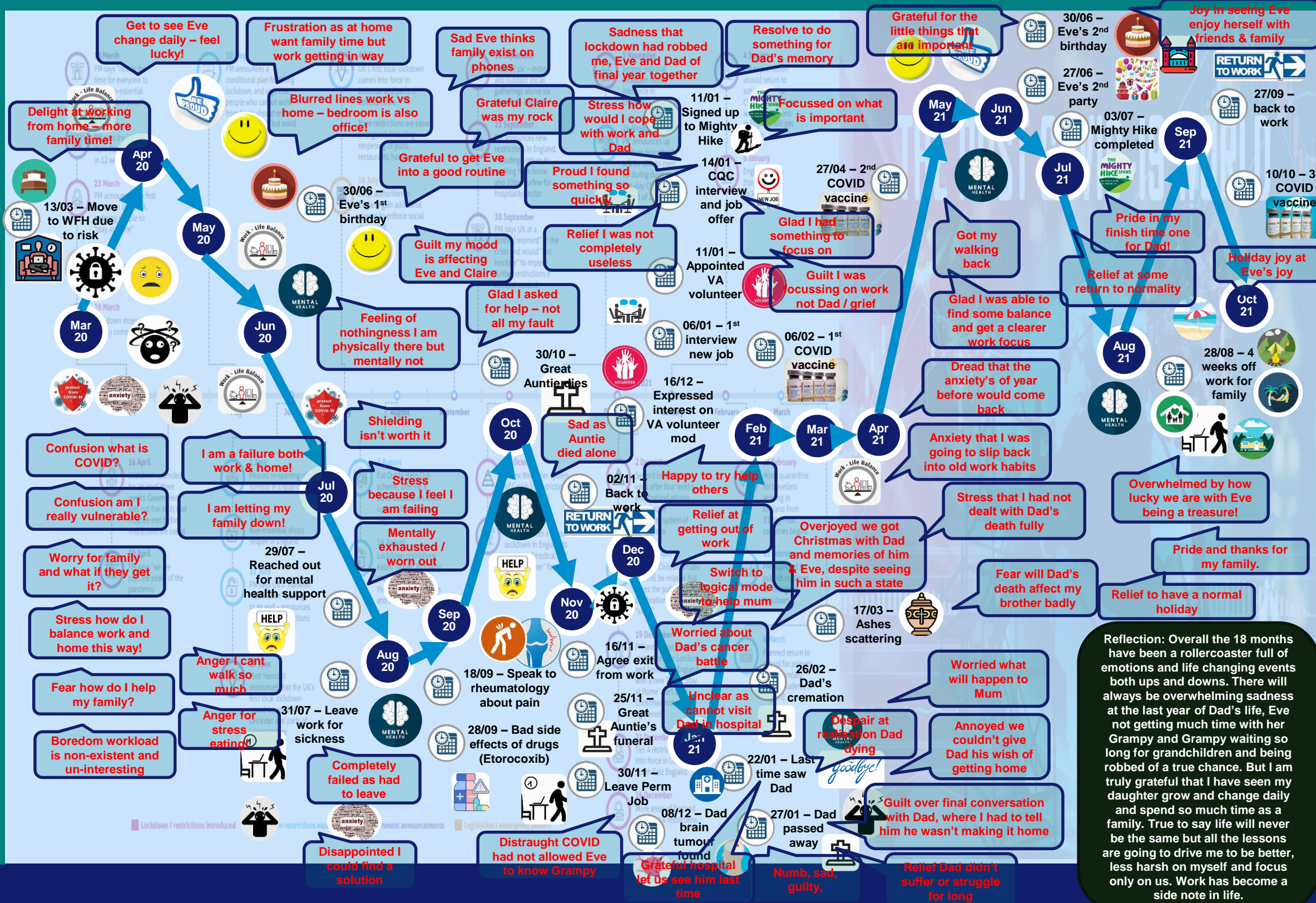


Thriving

Mood Scale

Struggling

• 34, married, 1 child (8 months), 1 dog, project manager, Leeds, cricket lover
 • 8 years with Ankylosing Spondylitis, stable disease, active treatment, avid walker 30k steps a day
 • Working at local building society head office



Reflection: Overall the 18 months have been a rollercoaster full of emotions and life changing events both ups and downs. There will always be overwhelming sadness at the last year of Dad's life, Eve not getting much time with her Grampy and Grampy waiting so long for grandchildren and being robbed of a true chance. But I am truly grateful that I have seen my daughter grow and change daily and spend so much time as a family. True to say life will never be the same but all the lessons are going to drive me to be better, less harsh on myself and focus only on us. Work has become a side note in life.