

16.4.2020

## Inspired while self-isolating: SJ Williams

With Covid-19 lockdowns worldwide and health authorities urging people to self-isolate and practice social distancing on a massive scale as part of an enormous effort to #FlattenTheCurve of the global Coronavirus pandemic ... we are reaching out to industry friends, colleagues, associates, partners, etc., and asking them to share their #StayHome and #QuarantineAndChill activities with us during this extraordinary time.

In 2019, SJ graduated from the LIR Academy – National Academy of Dramatic Art – in Dublin, Irish Republic, and usually works as a lighting technician and production manager for theatre and circus shows. She also teaches Lighting in technical theatre workshops for young women all around the country.

Robe: Where are you right now?

SJ: I'm in Dublin, Ireland.

Robe: What are you doing to fill the time whilst isolating / on lockdown?

SJ: I'm very lucky to have picked up work quickly during this crisis. I have been working at a grocery checkout, and then I will begin a new position at Our Ladies National Children's Hospital.

Robe: What's the most creative thing you're able to do in isolation?

SJ: I love singing, and so this time has given me time to find my voice again and I'm trying to learn a new song every day. (No opera on the balcony yet though!)

Robe: Are you looking after anyone else during the Covid-19 crisis?

SJ: Yes ... My Mammy is very vulnerable, she has had a string of health issues over the last few years so my priority is to make sure she can stay shielded at home and I go shopping for her and collect her prescriptions, etc. In order to protect her, I can't spend much time with her, which I really don't like. I miss hugging her!

Robe: Has anyone inspired you since this started?

SJ: So many people have inspired me! Of course, our nurses and doctors are frontline health worker heroes, but I've also been really inspired by the resilience and kindness I've seen in people every day. In such an uncertain and often lonely time, people are still smiling and making each other laugh and that really lifts me.

Robe: Favourite book / movie / Netflix series / viral video

SJ: I've just binge-watched six seasons of Vikings on Amazon and highly recommend it!

(Ragnar Lothbrok, a legendary Norse hero, is a farmer who rises to become a fearless warrior and commander of the Viking tribes with the support of his equally ferocious family.)

Robe: What's the first thing you'd like to do when we are through it?

SJ: Kiss a stranger on the dancefloor.

Robe: Own question / answer / message of solidarity or something you'd like to say?

SJ: Call your Granny, or whoever is it that you want to tell you love them. Call your whole phone book! We can't all see each other but that doesn't mean we are not there for each other. You may feel lonely, but you are not alone.

