



## ***Let the light in***



As we entered the New Year, I felt heavy with emotional weight, bogged down with grief and feelings of hopelessness. I set out on a walking challenge, to get my body moving and to get out of the four walls that had felt like they were closing in.

The recent restrictions on our movements (covid times) meant that I was limited to where I could go on my walks, but I persevered in getting my walking boots on and pushing myself to get out of the house.

Some days were definitely harder than others and I can't say when the rain was beating down or the wind was whipping my hair into my face, that I was loving my personal challenge, but on I walked.

I started to document my walks and would take my phone out to capture my views. It's funny how walking in the same spaces you can see so much change in a short amount of time. Although still in the depths of winter, with the variety of weather that this season brings, it was eye opening that a natural space is ever evolving. Each day would bring a different view, some days the sky was so blue, not a cloud in sight, other days (and one of my favourites) the sky was heavy with thick snow, it was so peaceful, I literally felt like the only person in the world. Other days it was pretty grey and drizzly, but I turned my attention to the green poking through or the robin perched on the branch. I have lived in the same area for nearly five years, but for the first time, I felt like I was really noticing what was around me.

On a recent walk, I was feeling particularly low and if I am honest, not in a good place. I once again forced myself to put on my walking boots, hood up in the bracing wind and trundled off up the hill. I was pretty lost in my own thoughts but took a moment to pause at the top of the hill and noticed that the sun was out, despite the temperature being less than zero degrees, the air was crisp and I noticed the sun creeping in through the branches. It made me reflect that nature doesn't mind what mood we're in, but it is always there to remind us that light can get in and the sun will shine.



These are the pictures I took standing at the top of that hill:



### Things I have learnt:

- *Getting your boots and coat on is the hardest part*
- *Taking a photo on my phone means I have to stop and take in what is around me (it's also nice to look back on the photos when I'm back in the warm with a cup of tea and a cat on my lap)*
- *I don't have to go very far*
- *It might not always make me feel 'better' but I sometimes catch moments where I feel at peace and that is quite nice*
- *It can feel like an achievement when I've not felt like doing much else that day*



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