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## Inspired in self-isolation: Jasmine 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 this global pandemic ... we are reaching out to industry friends, colleagues, associates, partners, etc., and asking them to share their #StayAtHome and #QuarantineAndChill activities with us during this extraordinary time.

Jasmine graduated from the Royal Welsh College Music & Drama last year and is now part of the NETTS skills rotation scheme at Neg Earth Lights (in the UK) as a trainee technician. So far, she's worked in the generics, strobes and smoke / haze departments of their west London warehouse as well as in the project office.

Robe: Where are you right now?

Jasmine: I'm in my rented accommodation in Ealing, West London.

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

Jasmine: My manager has set a few quizzes and all NETTS technicians are currently filling out a fixture comparison spreadsheet to help the office. Other than that, I have enrolled in an online English Grammar course through edX; my housemate and I are using the garden for exercising, eating and reading, and most importantly ... catching up on sleep and taking care of myself.

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

Jasmine: I've been able to work on my digital drawings. This is something I never usually have the time to do. I mostly interpret visually interesting portraits from references on my Instagram, but I'm trying to come up with more original work. It's just a casual hobby that I find really calming.

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

Jasmine: No.

Robe: Has anyone inspired you since this started?

Jasmine: My uncle has inspired me because although his health is not that good, he is still working as a hospital porter for the NHS as he feels obliged to help in any way he can. I'm also inspired by all of the musicians hosting live, home 'concerts' to raise money for relevant charities. My favourite one so far has been Hozier's but I'm looking forward to Billie Eilish's too!

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

Jasmine: Favourite book is (American psychological horror thriller novel) Misery by Stephen King; one of my favourite movies is Sweeney Todd (a 2007 period musical slasher directed by Tim Burton); Netflix series is the Vampire Diaries (cringe) - American supernatural teen drama television series - and here is my favourite viral video: <https://www.youtube.com/watch?v=LMdtYZFTvhY> (HILARIOUS!!!)

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

Jasmine: See my family and my boyfriend and weirdly enough, go onsite and work on a gig!

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

Jasmine: I think now is the time to exercise kindness and support (Covid-19 is not spread through smiling at people you walk by on the street - remember 2m!), check in on your friends and loved ones (the Houseparty app is great), express gratitude, take advantage of this time to do what you enjoy (respecting the health guidelines of course), and take time to think of those in less fortunate circumstances, helping where and however you can!

