



# Sean

## LIVING WITH SPINA BIFIDA

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This past year has been very challenging for me, primarily mentally, throughout the past year since March 2020. The hardest part about all of this from a personal perspective has been being at distance with my fiancée. We got engaged at the end of 2019. Zoom and Whatsapp video has been a lifeline for us. During the first lockdown, we went 3 months without seeing each other and likewise during this current lockdown – we haven't seen each other since just after Christmas 2020.

On the upside of the pandemic, I gained employment last October. Gaining employment has been a huge personal lifeline for me. It has given me a purpose/programme for most of each week. I work on the frontline, so working from home isn't an option, which if I'm being honest, is a plus for me. I would find working from home quite difficult as my concentration levels wouldn't be as good at home as they are in the workplace.

Over the past year, I have learned that less is more – in normal times, I would always like to be busy doing things, but very soon after we went into the first lockdown, like many of the rest of the country, I found that doing very little is really nice. I feel that as a society, we are one for rushing around and not taking time out for ourselves, so it

has been nice in that sense.

Next year is going to be a very exciting year. In September 2022, my fiancée and I will be getting married. We are very thankful that it is next year. We have felt so sorry for those who have had to postpone their weddings, and then in turn the wedding venues who have suffered as a result.