

Brawl in the Sky

This experience has yet again affirmed a mantra that has propelled me for years: just keep moving. Two hours before I took this image I was languishing on the couch rewatching a season of 'Married at First Sight': a sorry state of affairs, to be sure. Although I had been excitedly scheming the shot a week earlier, the specter of depression had returned a few days before the game. My motivation to move was nearly zero.

I was monitoring the game on my phone as the TV couples attempted to live together 5 hours after meeting. Near the end of the first quarter, it was clear that it was going to be a helluva game. What's more, the inversion was occasional breaking and the skies were clear above (so an app told me): the atmospheric were strong. It took every little ounce of whatever willpower I had to get off the couch, grab my camera bag and move.

What followed was the wildest ride of my photography career. The anxious/panicky/depressed part of me wanted it all to stop. At each stage (making the image available for sale, interview requests, special orders) I kept reminding myself to 'just keep moving' and see where this goes. I tried to approach the question of 'what happens next?' with curiosity instead of fear. Just keep moving, this mood will pass.

I know that I am not alone. Many of us struggle with mental health challenges. For me, uphill walking (the positive chemical release) and photography (the act of creating) are my strongest antidepressants in conjunction with SSRIs and therapy. It can be so freaking difficult, but the pain will pass. Just keep moving.