

Semi-Structured Interview

Transcript 4

Participant 4

Interviewed on 28/11/2020

Main Interview time - 55 minutes + Reflection Exercise Time - 25 minutes

Total Interview - 80 Minutes

Okay. So, what are like your current interactions with like nature and green space? So, kind of like, where do you go? When do you go?

Yeah. Um, well, I try to walk, like every day, at least a bit. It's not always to like greenspaces sometimes it's just around the urban centre and stuff because I live in a city. But like, yeah, especially more in summer I'd go to like [Anonymous Place], And there's like a little vine. There's like a green area and [Anonymous Place], as well. Sometimes go. So, in summer, it was definitely most parks mostly. Can't really. It's dark. So, I would generally walk around the town and stuff in winter. And the weekends and stuff. Sometimes I'll do like, much longer walks like, you know, through fields and stuff.

Yeah. So, like, when do you typically go? Like, during the day after work, or usually after work?

Occasionally, like at lunchtime something

Sounds like you make like a habit of like going every day or something?

Yeah, pretty much I kind of go a bit stir crazy.

Because that like it's not like a rule that you have for yourself, or is it literally just kind of like feeling? Like, I have to go?

Yeah, it's just that I just said like, after a day sitting in the same position at the same place. I just need to get away from screens and would like feel like you know, sometimes I don't go if I have stuff to do, or I you know, yeah, I don't feel like it. But usually, I will.

Would you kind of like describe kind of going is like, unavoidable feel, like, uncontrollable like you just go. Yeah.

No, I don't plan it. I just, I'll just kind of get fed up and just go outside.

Stored up like, feelings based and stuff?

Yeah, definitely.

There's no Do you have like, I don't know, like any, like, hard and fast like, Oh, this is better for me to go outside and stuff.

Yeah, I mean, I suppose I do. I do make like, I know I should do because I just feel like the fresh air is like, it's gonna help me sleep. And it's gonna like, you know, clear out some of that, being inside all day. And yeah, so yeah, like, I wouldn't just walk around in my house. Yeah, I need the outside as well.

So it's definitely some kind of like conscious thing of like, I need to do this outside or ?

Yeah, it's kind of helps to clear my mind.

But you know, why do you need to go outside and stuff? Like, what was what is your reasoning?

Reasoning? Well, sleep plays a part in it like sometimes it's not so much these days. But like I in the past, I've struggled to sleep a lot. So like I would, I would always like make sure I've done like, plenty of exercise and stuff and gone outside and it just kind of makes me actually tired rather than because I don't really get tired. Like if I'm just at a desk all day and stuff. Like if I don't use physical energy, I don't really burn out.

Yeah, so so that's like the main goal, exercise?

Suppose there really it's just a change of scenery and just breathing. Yeah, just changing the air so and you know, exercise as well don't just sit, I definitely make a, you know, I definitely actually walk

Do you walk quite fast or like, how would you just go? Like just leisurely?

Yeah, I kind of power around I think I think I go quite quick. [Anonymous], he's always telling me to slow down.

So when you, let's focus on like going to like know Park and stuff like what is your kind of like task that you have in mind? Like what is the like? What is your goal? Is it just to walk around and stuff? Like, do you have any goals that you're trying to achieve?

Um, sometimes, sometimes I'll take out my camera and stuff. And I'll go and take videos and stuff and just like, make an activity of just being outside because in the current climate, it's kinda like hard to find a reason to be outside. And so I'll turn the camera and stuff and I'll film things and. And

So you find, like, you need to sometimes bring something else to make it more interesting. Or to make it feel like worthwhile?

Yeah, a little bit sometimes. I mean, sometimes I quite often I'll just, like, meet with like my brother or something as well, and just walk with Him. So, it'd be a chance to see like certain family members one on one. Yeah, outside the house and stuff. So, in that context, like the main thing is communication. I might social kind of capture.

Why would you not go? Like why would you go to like a park or something? Why would you not just do it inside?

Well, a few reasons. Firstly, like we can't do now. Yeah. But I've always I know, I've kind of always like, done that. Like, I've always like gone walking even when even when I lived with my family, we'd go on like walks and stuff. So I think the activity itself is actually the walking and being outside and then socializing kind of secondaries that because you know, I don't I don't always go want to go myself and [Anonymous], when it was Come with me. So sometimes I drag a family member or something and meet them there. But I think the objective is more walking than socializing and stuff. Really?

Yeah. Do you have like do you think I'm fine? Like what? So like, being the activity of like walking and stuff like that was the benefit that you like, associated with that?

Exercise? Getting it? My legs. What was I just be like, wow, this creature that just sits.

What about getting, like, why is that different? You might not like it might you might just have like a brick wall.

I just can't like Express necessarily why it's nice to get like fresh air or something. I don't know. Yeah. I mean, I don't know if there's much more to it than that. It's just just like, well, I've never done much sports or anything. So it's really about getting a bit of exercise, I suppose.

Yeah, so like, well, I like the mental benefits with that, like, have a kind of you tangibly like feel them?

Yeah, yeah. I think if I don't like if I get stuck inside for too long. I get, like, grumpy and like, cagey and, and obsessive over like little things and stuff. Yeah. And all like, I, I always have to be doing something like I'm, I don't like being idle. So if I'm not like, if I don't do that, if I don't go outside and stuff, then it will feel like I've not done anything. And I felt like I've wasted my day. And I just, I know it's like it's a nice, it's an easy way to just give me something extra to have done in the day. So that I can actually like switch off at some point.

Yeah. Do you see that as like kind of like a key like pillar of your day?

Yeah. Okay. Yeah. Oh, Oh, Oh, definitely. No If I haven't been

I was gonna ask about it. Like you said earlier, you've been walking kind of just in town. Do you see any, like, major difference between going to walk in, like a park versus just around the town?

Um, I wouldn't like I wouldn't walk around the town. If I had a choice Really? Like, I'm doing that a lot at the moment because it's dark and stuff. But like, if I had like a big you know, I mean, like, I went much more to like, no Park and stuff. Like when it was light. Yeah. So I do prefer to walk around where the space and not as many people and trees. I like to see trees, here and stuff.

Why would you like to see nature and stuff? Just like looking at a building. Like, why is that? Why is not more pleasurable? Interesting?

I mean, it's definitely like the space aspect. Like, yeah, having having room to move and breathe and stuff and like, not having to like, Dodge people and stuff. Yeah. So and I don't know, I just feel like, I like to go somewhere whether the quality of air is like, as good as it can be, you know, I just like to breathe something in that's not stale air and it's not fumes and stuff. So Young. It's not really like a it's not like a health thing. It's not like, I've decided that, oh, you need this amount of fresh air per day. Otherwise, you're not be healthy, but it's just like, I don't know. I just feel a need. Yeah.

How do you kind of like specific days of the week, or like we can, like have different dates decide what kind of interaction you have with? space, specifically?

What's time, but it's so like, I would, I would definitely try to do something like that, at least once in a weekend.

Like a longer walk?

Yeah. Yeah, just try to spend a bit more time outside.

Would you? How would you kind of determine that? Do you like time you're like daily walks and stuff? Like, roughly time? Or?

I'm not really well, I should I sort of know, it's like a few different groups and stuff that I do. I know that like, one takes like an hour, and one takes like three hours and depending on if I, you know,

sometimes it would just be like a little extra thing that I'm doing during the day. And sometimes it'd be like, Oh, you know, I'll know on Wednesday that on Saturday, I'm gonna go walking with my brother and it's going to take like three hours. Yeah, that's like the day's activity.

Yeah. Um, how do you decide like, focusing on like weekdays? How do you decide when to go and how long Kind of, like the route to take and stuff like that, like, what are the factors that influence that?

What time I finished work and stuff? And if there's something else like I've got planned in the evening, like if I, if I've got it planned that I'm playing some games or something later on, then it would just be like a quick one. Yeah. And literally, you know, it can be just like 10 minutes that should just to move and stuff and it just be in the town.

So it is quite kind of flexible around.

Yeah, it's super flexible. I really don't plan it normally.

Would you say? Yeah, no prioritization or I guess.

Yeah, things generally take precedence over it. But you always squeeze it in some. Yeah. It's something that I squeeze in, and I don't really plan around it, but I squeeze it in if I can. How does lightest most date?

Yeah. How does like working, interact with it as always, just after you've finished work?

Yeah, usually, I mean, occasionally, I will go like lunchtime or something. Or even like, if I've got like a really quiet afternoon, sometimes I'll just try to get outside before it gets dark. Just so I can see the sun on, especially these days, when like, we're not going outside. And we're not like commuting and stuff. It's just like, I don't know, getting to see some daylight. I just think I just feel like I need it. Yeah, I will try to do that sometimes. But I don't often get the chance. Because then I get busy and stuff.

To kind of leading on from whatever time of day and stuff like what factors stop you going to green spaces in like, specifically green nature kind of spaces?

Yeah, I mean, sort of like the time of day, of course, if it's if it's light or dark, because it's darker. can't really go. Yeah. We don't have any parks. That like lit.

Yeah. So you just see that as a non-option rather than...?

Walking around? Yes. It's just not really an option because I don't want to walk around and dark.

Why you don't want to walk out of it?

Because you can't see anything. And it could be anybody there and you could bring you could bring a torch, but it's like,

Why wouldn't you do that?

Um, there's nothing. I don't know. It's kind of like, it's an urban area. So it's like, Yeah, sometimes it's like teenagers and stuff, like smoking and stuff. And I just, I just wouldn't really walk up, walk around, like in an urban area and pitch black. Yeah. It just kind of just seem like more hostile. Oh, yeah. It's just not such a safe experience. Just like ruins.

Did you think kind of like the risk of it takes away from kind of the enjoyment of being able to walk around?

Yeah, I kind of want to be able to see where I'm going and stuff as well. Yeah. So it's kind of like, if it takes away from like, the pleasure of it, then it's not worth it in some way.

Kind of anything else about what stops you going to green spaces like, like availability, or like, stress or?

Stress? Or if I if I, if I'm stressed and stuff? I'll probably want to go more. Yeah. It's, it's, it's pretty much availability based. I mean, sometimes weather, of course. If it's like, it's like totally chucking it down, maybe I just wouldn't want to get soaking wet when it's like raining and bad weather. Sometimes. Not so much to like, like greenspaces cuz, yeah. I don't really have any spaces around here where there's green spaces with paths. You know, we don't really have like town Park places. So it's like, you go to a green space and it's raining then you're gonna get muddy. Yeah.

It's not like part but you have to like it does to it first before the park.

Yeah, it's we got caught out there. The other week. I was just like, there's no way to cover that's just like complete.

Yeah. How would you Have you kind of like prepare for like going for a walk? You just walk out your house? Or do you like, check the weather ?

If it's like short one, if it's just like after work or something, just walk outside.

If you're gonna have like a green space, would you prepare more?

I feel like no, cuz you gotta put on like boots. Maybe if it's been raining, like if it's definitely gonna be muddy then. Yeah, I'll take some boots and stuff. Yeah, you don't say it's like a major kind of

roadblock though of like, Oh, I have to get ready to go out. It's quite easy. No, yeah, I'll just jump boots on and scatter.

Yeah. How do you find like, would you describe now that you've kind of lived in Sevenoaks for a while you would like us to all of the parts and stuff? of life? No, yeah. How would you? How would you say like, that's changed from like, when you're initially like exploring the green spaces around you and seeing like, what was available to like now? Like, how is that affected?

I suppose I probably developed like roots. I'll like it's gone from Oh, let's just, like walk to the park and see what see was there. And now it's like, oh, we'll do we'll do that one around the big house. Because we know roughly how long that takes. It won't take too long. Or if I'm by myself, I might do. Oh, I'm gonna go like the full circuit late round it. So I think I think I kind of have a judge on like, the distances now.

Do you think it makes you go more now that you kind of know the roots or backs you go less? Because you're like, bored of them?

Um, I wouldn't set it really changes it for me.

Yeah, that's good. Yeah. It's just kind of, is it still about conscious to feeling fresh and stuff, isn't it?

Yeah, I don't really mind what I'm seeing. Um,

How much do you care about kind of the quality of the green space? Like, like, nose, like nose a really nice place. But like, yeah, if, if you had, yeah, how much do you care about the actual quality of it?

Well, when I was living in central London, we had a green space near us, but it was like, it wasn't great. It was just like a big, big field. And it was really busy. Yeah. And I don't think I went there nearly as much as I do now. Like, to nicer green spaces. So the quality of the space does make a difference.

Yeah. Is it what how would you make sense makes? What makes a space nicer? Like a green space?

I would say, I'd say it's probably based on like, how many people are there? Like, if it's like a really populated place. Or like a really busy place? I would prefer someone who's less busy.

Yeah, yeah.

If there's like, any sort of basic infrastructure to it, like, sometimes it's nice to have things like some street lights and stuff and that sort of thing. It's not like, it's not a major thing. There's not really like, there's none of that, like around no or anything. Yeah. Yeah, I think it's mainly based on like, shaming people. They're just kind of like, not based on the actual nature bits itself, kind of based on the stuff around.

Yeah, yeah. I mean, something I really like about, like, somewhere like no Park is like, it's, it's, it's got a variety of sort of settings as well. It's not like a big field. Yeah. You know, there's like hills and valleys and there's like, loads of different trees and stuff. And you know, it's just visually stimulating. And there's actually something to explore. You can go around a corner and there's something else there. And so I much prefer that's like a field like I've never really, I've never really like gone to a park and just walk around it.

Okay, yeah. Why? Yeah. Why?

Yeah, I feel like I guess I kind of want to feel like I'm going somewhere. Like I want to like, actually make like a journey out of it. You know, like I'm going from A to B You would rather than going going around in circles, walk around the green space like five times like, like just a flat field or whatever. Yeah, no, no, just no boring.

Does that is that? Like, all of the reasoning behind it, it's just kind of stimulation like this. This one's not very interesting. I don't really, okay. Anything else as well? Yeah. So yeah, talking about dizziness, subspaces. You said that was kind of a key?

Yeah, connections, like, the quality of the green space or whatever.

Yeah.

Does that stop you from going or change? When you go? How does that affect your usage? If you know a space is going to be busy?

Yeah. I'd say that like, Yeah, when I was when I was in London, I definitely stopped me going sometimes. Because I just knew that if I went to that one Park, on a Saturday afternoon and summer, it'd be totally packed with people. And I just, that's, that's like, you know, it's the same as walking around the town or something. It was not. Yesterday, like, you know, you're not getting an escape there.

Okay, yeah, we've kind of pre-emptively answered. Kind of why cuz I was gonna I was gonna, Yeah, why? Why does the fact there's people that lower the quality for you?

Yeah, I think it's about just getting a change in environment, and just getting that space. And just, I mean, I grew up at the country as well. So it's like, it's like, it's something that's always been there for me. And it's just something that I've always done. Like, I just never had dogs and stuff. So I walked the dogs and stuff. So it's like, yeah, I've never like, I mean, I definitely like I like cities and

towns and stuff. Like I really enjoyed living in a town. Yeah, like, I don't want to live like nowhere. I want to live somewhere where there's stuff happening. But sometimes I do want to escape that.

Yeah. And you, I guess you see, going on walks as your escape isn't part of that. So?

Yeah, yeah. Especially, especially if I go to a green space. Definitely. Yeah. As I said, sometimes I just walk around the town. And that's not really escaping it. That's just moving my legs. But, so like, one of the key goals is like escapism as well. Yeah.

Yeah. And to not get that kind of feeling on benefit, walking around the town.

Not as much. I mean, it's kind of difficult, because it kind of depends what I'm depends what I'm trying to get away from, like, sometimes, man, it's literally just an escape. Sometimes I just want to get away from it. Sometimes it's just to, like, escape the house. Yeah, I get that change of air and stuff. Sometimes it's like, I just like really, like break free. Sometimes it's just to, like, really just get away from everything. And not. And also, it's like, is to clear my headspace. And I have it with both walking and driving. I both I like get my best, like creative ideas when I do those things. Because I think it's just like, it gives me an arbitrary activity to do which is moving my legs. And then it because there's not people around and stuff. It just clears out my mind. And there's not so much like, Oh, I have to do this thing. You know. It's, it's like much more room just to completely let it go. And then all the best ideas come and stuff so.

So like, forces your mind to kind of be like bored in some way and come up with something.

Yeah, it's a really nice. Yeah. And it like it takes me away from the place where I would put those ideas into action. So I'm, I'm out there and like, Yeah, not allowed, at that time to actually do anything with the ideas. It just allows them to kind of germinate. Think about them more than just doing something. Yeah. And I think just like getting into a big open space with no people around me is the best place to do that.

Do you have We actually kind of already covered it kind of escapism, which the apps we already covered that I was gonna ask you by again, but if you're in college, okay, know what we're speaking of like escapism and stuff, and what kind of to set yourself rules when you go to green spaces. So, I mean, like, along the lines of like, Oh, I won't take my phone, I'll take my phone, but I'm not allowed to check it.

Suppose I do. I mean, it's not something I've ever like, specifically, consciously done. Like I haven't, like said, I will not answer my phone. I will not look at it. But I don't look at it. And I do have like, quite a strong grip on my like, on my, like, social media and stuff. And like when people contact me, so I think it's, yeah, I think I probably do like, yeah, forcibly, not really allowing myself to be contacted.

But there's no like, hard and fast kind of conscious rules.

don't I don't like specifically leave my phone at home or something. I do take it with me, but I don't look at it. Like, I suppose I do make an effort not to take it out of my pocket.

Do you ever take out to like, record ideas or stuff?

Yeah, yeah, I've got like a burning idea. I'll write it down on a note on my phone. And then sometimes, you know, if there was a message or something, I probably would answer it. But like, I try not to.

Yeah. How do you you said like, he took like, your camera and stuff to take photos? Yes. How do you find that kind of affects your interaction with greenspace? Like, does it change it into like a task? Or is it simply there to just supplement the experience?

I suppose it does sort of make it a bit of a task, it just, it means that I, like have an activity to do there, instead of just walking. I'll be on the lookout for certain things. And, you know, angles, how the light looks. And I might spend like half an hour in one spot, just trying to get the right shot, rather than moving on. So it's not like a like a further like distraction kind of technique. Yeah, it turns. Yeah. I mean, I suppose at that stage, it's like, I don't know. I mean, I'm, I think that's probably less of a distraction, actually. And that's more of an actual activity. So that's like, the purpose of why I'm there.

And what's so like, what, yeah, but what's the purpose of like, the activity that I like? Are you going to get photos?

Yeah, so if I brought my camera, it will be with the, with the purpose of taking videos and stuff. And like, that'd be the purpose of my trip. It'll be to go out, get a bunch of videos, and then I'll, I'll come home and I'll put them on and I'll edit them together and just see what it's all about. Yeah. See what I got? Yeah. Yeah. It's just sort of a it's just a way to kill two birds with one stone, I suppose. Because I was like, I like making films and stuff. And I cannot make films just by myself. So I gotta find something interesting.

What's, what's kind of like the breakdown between how much go for like, school, like a regular, or, versus taking, like, cameras and stuff to do stuff? And also like talking to people, sir, like, yeah, like, what's kind of the breakdown of that?

I would say, like, the majority of the time, I'm just going out just to get that escape and stuff. So that's, yeah, I'd say like, 90% of the time especially like, colour of most of the time, basically. Yeah, pretty much, because I do it so often, as well. And I might only take my camera out once a month or something. So again, yeah, I mean, it's still fairly often that I do the camera stuff, but it's like, in proportion of the amount of times that I go, not that much.

Do you like actively? Think about like your level of like interaction with like nature? I think like, Oh, I haven't been very good this week or something cool. It's like a conscious thing that you think about, or is it just?

Yeah, it is. It's all directly with like nature itself rather than just greenspace grants, but like just walking the distinction between the two. It's just, like kind of walking there is there is in summer, when I actually can. I suppose it's a little different right now, because I can't really be too picky because I can't really get to a green space during the week. Yeah because it'd be dark. But like, you know, Spring Summer autumn, like when I actually can go to a green space, after work? I'll definitely, like try to do that as often as possible.

I've got a really good question, just gone through this before, like, gee, I think there are like, five benefits of being in green space. Like, is that like scientific benefits of being in green space, rather than just going out for a walk in general?

I think there is. I think the I don't know is it's hard not to get like, like, super hypotheticals and stuff, like I do. I do think, I mean, I think I as a person need to have a connection to the natural places. Yeah. Like I didn't really enjoy living in central London much because as I said, there's only really one place that I could easily easily get to an every other place was like a tube journey away or something. And I just didn't really, really enjoy just like walking around in a urban environment. Every time I came home again, like back from uni, I definitely would make as much effort as they could to actually get outside and go to parks and, and literally just countryside as well. And I think that's really important to me. So like, yeah, I think there is a difference between like an urban space in it. And I agree one, I think he gives a different effect. Yeah.

So I got a shift away from green space will stay with like green spaces in mind talking about like productivity. Okay, and like how would you describe like your own like productivity and personal productivity at work and then like, general kind of personal projects and stuff. Oh, describe yourself.

I'd say that I'm pretty much always working on something if it's like, unless it's like actual, sometimes it's actual work. Sometimes it's like, a project or like writing something. Yeah. I want to be productive, like most of my time. Yeah.

Do you find you get like annoyed if you're not being productive?

Like, yeah.

Would you like to describe yourself as a procrastinator?

I'm not, I'm not often I usually try to jump to and in the, I mean, sometimes, sometimes I will waste a little bit of time. Like, what? Yes is tough one, I should be getting on with it. But like, I would say I'm a massive procrastinator. It's not like no problem. Like, not everyone dresses sometimes I do. But like, I don't know, I wouldn't I wouldn't say get in my way. Yeah. Would you kind of say, Hi, everyone. Everyone's a procrastinator, but it just differs by levels completely. It's not something you can afford. Yeah, I'd say so. I think everyone I mean, I know for me, I do. I do take a certain amount of like, building up to do something. So I kind of I kind of know that if I'm going to sit down and write something. I probably spend about 10 minutes just kind of getting my headspace into the right into

the right place. Yeah. And that will you know, though, no, I guess it's kind of 10 minutes of procrastination. Yeah, yeah, it's I don't know. I just got to sit down and I'll like, check the news.

Yeah,

A bit of a video something that'd be like right now I'm gonna do it. Yeah, but it doesn't take ages like I do it for too long.

How do you find your like productivity fluctuates? Why does it fluctuate?

Yeah, definitely sure what it means Yeah, I think external factors and stuff influence if I'm like particularly stressed about something and a lot of like, the other work that I do will kind of drop off you know, writing in other projects and stuff I'll I'll kind of do less because I'm just trying to, I guess I'll just try to give myself a bit of time to relax and like yeah,

Yeah, so you keep your kind of personal projects quite flexible.

Yes, definitely flexible, like, I don't really, I don't have like a strict allocation of time. You don't have like me, I'm like, if I'm gonna write this thing I need to finish it in like two weeks. Not really, it's, it's, it's quite rough targets, like I have a bit of a target, but it's like, you know, I'm going to finish it in the next year. Guys, so it's quite quite big project. So it's like the the timeframes. Yeah, yeah, it's generally big stuff. Let's break it down into like, Hey, I'm gonna be finished with like, you know, this section of the book or wherever, this amount of time. So, generally, not just because I don't know how much time I'll be able to allocate to it I can. I can say that. I have this much time. But then, as I guess I said earlier, but actually, I said that other stuff generally takes precedence or the forefront, you know, like, something might come up, and I'll do that instead. But if I have nothing else to do, then I'll almost always be doing it. Yeah. Because it's like stuff to fill time with it. Yeah, yeah, I fill my time with productive tasks instead of like, you know, watching TV and stuff. I don't I don't generally do locks. Yeah, yeah. Watch the tech talks.

How's your like relationship with stress?

Like? I'm good. I think I get particularly stressed to be honest. Yeah. I think I, I mean, I get stressed more about like, like, when and where something's happening, and less about the thing itself. Really? Yeah. Small sort yeah, I mean, I've suffered with like, different sort of types of anxiety and stuff, especially when I was at school. And it was never about like, Oh, can I can do I can I do it? Yeah, it was never Oh, am I? Am I gonna be good enough in this exam? And it was always about like, oh, like, Am I gonna feel really unwell? Am I gonna have a panic attack? I, you know, it's about the situation and not about the thing. Really? It's more about kind of unknown. external. Yeah, unknown factors and stuff. That's the thing that I always have. So yeah, I know. You know, if I'm going to manage the stress, I have to get a handle on my strategy. They're about like, working out. What are my options and stuff? What happens if this happens? What happens if this happens?

Yeah, but it sounds like you're quite confident in like, your own ability to like, do yeah, stuff.

Well, yeah, I really I do. I have a strong sense of my own ability to like, get into a situation and just work it out and do it. Yeah.

Just how do you find like working at home has affected your productivity? If you can, like compared to if you can remember the days so long ago?

Like, while I'm doing a different job, and I can't really compare Smith same? Yeah I would say that. I don't know. I don't know if I'm any more productive, to be honest. It's a lot less stressful. Yeah. Good. Talk about stress. Yeah, the stress is gone. There is working from home for me, there is no stress at all, because my work doesn't give me stress.

Control your whole environment and stuff.

Yeah, like my environment around me is controlled, and it's my own. And if I like need to go to the bathroom, I can just go and there's no like social thing. I don't have to like, tell somebody. If I like work, you know, you don't have to tell somebody. You know, because sometimes you get stuck in positions where like, you can't Yeah, the situation and stuff and it's just like, it's just those like little stupid little things. Those are the things that cause stress on me more than anything that I'm actually doing. Would you describe, like working at home, less friction Yeah, yeah, I mean, I think communication is harder, but for like, my personal past. Yeah, my personal productivity. It's just like, so much easier to worry about stuff. communication of what is actually going on. Yeah, I have to worry about commuting as well. commuting is like, it takes up so much headspace. You know, it's like the last hour of every day is like our check. My trains are shitless delays. Like, I have to think about any of that, like, I just work up until, until I'm done the move.

How have you found that?

Like, the lack of time that you need to spend commuting has kind of opened up like this. Yeah, go like walking. Yeah, that's changed everything. Like, I didn't use to have as much time doing that as I do now. Because I have the time to do it. Now. You know, I finished work at six. Remember, the moment is six, I can turn off the computer and go outside. Whereas it would have been, you know, dependent, I'd prefer. Yeah, and I probably stay a little bit longer than I had to because of just social pressure. You know, nobody else is going home yet. So I'm just going to stick around for a bit longer. Yeah. And then it wouldn't be until like eight o'clock that I was home and then I'd eat dinner and then see like so. Yes. Fun times. It's a kind of like realizing that fact, again.

How would you kind of relate, like, your productivity to kind of like, space in nature. They like linked in any way to you?

Yeah, I think they're linked. I think. I think being able to free my mind with that. With that. Even if it's only 10 minutes. It makes me more productive. And when I come back, if I go out during the day, like if I take a 10 minute break during work, and go for a walk. I'll come back and I'll always just be more ready to even did that when I was in central London. Like working in London before home. I was at I was at sunset house and I was just like either like walk around the building because it's such a massive buildings like a palace. Yeah, yeah. Or I would like actually go outside and like go on like the

there was like a big four and a thing and overlook the tents and stuff. It was just a really beautiful spot to be so I would sometimes go there as well. And and it's like a courtyard thing with fountains and stuff. Yeah. Yeah. It always helps me. Always. Yeah, yeah. It always helps me to like, if I've especially good if I get frustrated, like if I if I'm up against a problem. I can't fix it. I'll just go and like, free my head and come back. And usually, I'm able to then work through how do you see it as like a tool that do you like? I? So, I'm gonna go take a walk like that is the does that become part of the goal of the kind of walk them? Yeah, does? Yeah, there's I have a sort of a trust in the process.

Oh, reading my mind. If I can go outside, and like, not think about anything particular for a while and just like observe the scenery and stuff. And come back. I kind of have a trust that my mind will have like, sort of processor it or at least that I can see it from a new angle. trust the process. go fix it. Yeah, pretty much. It doesn't always work. But like, yeah, yeah. It's one of my go to attempts when I'm raced up. Whatever. Go to things you have. productivity.

So you said like a short one of your go to methods for like, dealing with problems and stuff. Like is there any other things like that?

nothing kind of compares. Yeah, I mean, it's definitely my go to. Yeah. Anything else. I mean, sometimes if I really, if I don't know if I can be away from my computer, like, if I'm waiting on messages or something to come in, or like a meeting to start or something, oh, sometimes won't leave the house. But I'll go and do something to get my eyes away from the screen. And that kind of helps me sometimes. Like, I'll go and play the keyboard or something. It's just like a different task, my fingers in my head. And it's just like, it allows me to focus on something fully for a very short amount of time. I think it just like wipes the slate. So that wouldn't be that wouldn't be like my favourite thing. But if I'm in a pinch you know, if I have a really short amount of time, I just need to like free some headspace and have no do something like that. Yeah. So they're all kind of connected in this thing of like escapism in some sort of way. Yeah, I think so. I think only really yet. Like, I really get stuck on stuff when my head like gets stuck. It's just about like, freeing that brain space.