

## Refrain. Reflect. Reset (Art in the Time of Corona)

### COVID – 19: A TIME TO REFLECT

Having completed six months of studio residency at STALA Contemporary Art Gallery I moved back into my home studio in Byford late January 2020. I was looking forward to taking some time out to rest and focus on family having the sense that I was moving into a quieter season of reflection after a very busy 2019 and assessing the way forward with my practice.

The New Year brought with it new opportunities including collaborating with Melissa Cook, local active wear designer and art enthusiast, in her pop up space GIROUDWORLD in Subiaco. We launched our Tree of Life Collection and exhibition late February but sadly like many had to close the doors early due to the COVID-19 lockdown. My inbox was filled with exhibition cancellations for the coming months and I was then faced with an unexpected surgery in March bringing everything to a stand still. To say it has been in a challenging season is an understatement.

When everything began to lockdown I was strangely prepared for the impact and then utterly overwhelmed at the same time. The imposed isolation was actually a relief in some ways enabling me to time out to recover and narrow my focus to our daily needs. With my studio set up at home it was easy for me to spend regular time in that space as was my custom. Prayer also has always been an important part of my life and I found myself drawing aside to be in that place of rest and meditation. I've enjoyed walking and dancing for exercise and limiting my time on social media in favour of the studio.

The paintings selected for this exhibition embody the introspective nature of my creative process over this period.