

SEASHAKEN

I started writing this song on 25th February 2019, as chaos reigned in UK politics.

The emotionally bruised follow up to my anti-Daily Mail anthem "I Want My Country Back", "Seashaken" looks at tactics for surviving two years of angry rhetoric and uncertainty. How do we protect our mental health and personal happiness while caring deeply about what becomes of our country? How do we stay informed about world events without falling into an internet black hole?

I met up with "Paper Thin" co-star Tanya Donnelly before Belly's show in Bristol in July 2016, both of us concerned for our countries' futures. It was starting to look frighteningly possible Trump would get elected, and we joked nervously about it. I asked whether she'd consider moving her family to Canada and leaving everyone else to it and she said no, because it's important to "stand and fight".

That phrase lodged firmly in my brain, and was part of the impetus for me to release "IWMCB" in May 2017. Just because something is happening that we have little control over, doesn't mean we have to give up and go along with it - that way grave danger lies. I knew an independent artist releasing a song like that wouldn't - and couldn't - change the world, but this project has never been about the big things. We all draw our own lines in the sand - individually we have the power to make lots of little things happen, and I want to be able to hold my head high and say I used whatever privilege and power was at my disposal to stand and fight.

This song was borne from my feelings of powerlessness not only in the face of Trump and Brexit and the accompanying online hysteria, but in dealing with the dark forces that we all contend with from time to time. 2018 was an emotionally fraught year for me, and I had to develop some new coping strategies to try and outnumber the dark days with sunny ones. I've found meditation, exercise, drinking water and taking Vitamin D tablets very helpful. What are your coping strategies?

When I'm feeling battered by the waves and the wind, sometimes all I can do is escape into sleep and dream of a brighter day. We all need to have time out to renew our energy - do take care of yourself x

"Seashaken Hanes" - *ps the title comes from lighthouses by Tom Nankollas - I happened upon it when browsing Richard Booth's Bookshop in Hay-on-Wye in early February. KISMET ♥*