

— Inspirational
Episode 7

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*This episode of **INSPIRATIONAL** features a “True Story” from the life of **Mr. Ben Dalton** (Director at E3i HR Consultancy, Wellbeing Coach & Actor)*

“I’ve been staring at a blank document for a while now, wondering how what I write could inspire others.

So, I’ve just started typing – sometimes you just have to get started to find out where you’re going. I guess that’s a lot like what I’ve been through over the past few years.

A few years back, I went through about 2-3 years of mental health issues. It kicked off after a traumatic event at my old workplace. I don’t know the legalities of it all, so I’m not sure how much I can divulge – but I can tell you it was the worst stress and anxiety I’ve ever experienced which was then followed up with a long stage of depression.

Depression was different to what I imagined. I always thought depression meant you were always miserable, when in fact I was neither happy nor miserable – I was joyless and yet had no reason to be sad. So, I spent a long time in a strange limbo of emotions. I’d say it was like being a zombie, but even a zombie looks forward to their next meal!

Some people say, “life is short”, when in reality it’s the longest thing we’ll ever do.

When my Nan (who was one of my closest friends) died, I could have gone one way or the other. What happened? Her passing gave me clarity about my life and working through my mental health. Life is for living, and when we have obstacles and challenges, we should find support to work our way through them and live our best lives. It’s never too late.

It wasn’t a flick of a switch, it took a while, but I started to put things in place that helped me to climb out of the hole I was in. Like this article, I just had to start somewhere.

I’d like to share three specific things with you now:

1. Follow your passion - even if there’s no money in it!

A bird doesn’t need money to sing, a dolphin doesn’t need a payslip to have fun.

I always loved acting and was practicing it right up until my early twenties. Then I got a career, a mortgage – you know how it goes. I stopped pursuing it.

I picked it up again when I was 29/30 years old. I joined a class, started going to auditions, made films and played parts in theatre. I made no money from it, but I loved every minute. And I had the support of my family and friends behind me.

I went in with the mindset – “If I’m enjoying myself, it’s time well spent”.

I’m now in a fortunate position to have a great agency and some paid acting work. But even if I didn’t have those things, I’d still be acting.

What I’m saying is, find your passion, invest your time in it, invest yourself in it. Hobbies, art, exercise, photography, whatever it is you love that makes you feel alive – find it and do it!

2. Rest

This one is something I am a huge believer in. I don't mean SLEEP. That's a whole different thing.

When I talk about rest, I talk about time for your mind and body to reset, recalibrate, realign.

Whether going for a walk, watching a film, reading a book, meditating – everyone has something that refuels them.

This goes for home and work – make sure to take breaks at work. Spend time away from your desk or workspace. It means you're looking after your physical and mental wellbeing – you also come back with more energy so it's a win-win situation!

3. Find joy in the little moments – be present



The last one is probably the most important.

Finding joy in everyday life, everyday interactions, everyday happenings.

We all seem to be waiting for something to happen to us that will magically make us happy – the lottery, 5 minutes of fame, fortune, recognition. If we're always waiting, we're not truly living.

So, every day, find joy in what you're doing and BE PRESENT while doing it.

*If you're on a walk with beautiful surroundings, admire them – stop looking at your phone.
If you're spending time with friends or work colleagues having a discussion, be present – listen, interact – you never know what someone might need to hear from you or what you might need to hear from someone else.*

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When you're on your commute, take in the scenery.

When you're eating a meal with your loved ones, take in the moments of love and laughter.

Every day can be full of joy if you're seeking it out.

I've certainly learnt a lot over the past few years and I'm still learning. I love my family. I love my role as a Director of E3i HR Consultancy. I love my acting career. And I love that I can support people through wellbeing coaching and sharing my own story.

To summarise - wherever you're at today, whatever you want to do, whether starting a hobby, resting or enjoying little moments - start somewhere.

Thank you to Aniket for asking me to write for Living Virtuously, I am truly humbled and very grateful.

Take care.”

INSPIRATIONAL isn't it?

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