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need to all come together and then help him when he needs [00:10:30] help, because at some point we'll need help.

So Hugo, kind of on this theme, and having lived this experience at sea and isolation, obviously there's some parallels like we've been talking about with folks globally, who suddenly find themselves in a very disrupted state of life. What advice would you give to people who are struggling with social isolation?

Hugo Mitchell-H...: That's a great question. And you know what, actually, [00:11:00] I mentioned earlier that whether it is working on a submarine or rowing an ocean, it gives you that perspective, of what it takes to endure and overcome that challenging environment. Cause that's the environment you're stuck in, but as Tom put really well, you're not a human being if you don't find it challenging. And even now, I completely echo what many are feeling. I've not enjoyed this year. [00:11:30] I've tried to apply some of the mantra and the experience of those environments I've been in, to try and make it better.

I think some of those real things that I found really helpful, that I didn't really have a choice. When you were stuck on the ocean, you've got two choices, you've got row or don't row. One of them gets you to the end. One of them gets you through the day. One of them gets you to the other end. To this wonderful island of Antigua, [00:12:00] and then the other one doesn't get you anywhere. And I think, probably putting that into something that makes a bit more sense, it was just about havinof themfo, kind of on ttt792 reWnBT/F2 hrthe dandd 2 054h1 12 Tf1 0 cT60

I was having a hard time to some of my crew mates, allowed them to be open with me.

It built a natural trust between us, that developed over time. And because that trust, when things really went wrong, I knew that they'd have my back, and they did go wrong. Things did really, really go wrong out there, and being able to put that trust, it empowers people to be able to step up, by building that. And if you stonewall people, they don't know what's going on, [00:14:30] they can't help. And likewise, you can't help if they're doing the same to you, it's just about communication. And that's just managed through day to day interaction, and checking in with people, and just being a bit authentic, I suppose.

Paul T:

Yeah. And I think when you find yourself in a situation like that, and kind of like in similar to what we're all finding ourselves in now, it really strips away a lot of the superfluous trappings of life. In your [00:15:00] experience, I mean, it's pretty extreme, I mean, you kind of mentioned you couldn't just get up out of the boat and just go for a walk or, I need some alone time or anything. I mean, your day to day life was stripped away from you. So then, the focus on your peers, on your colleagues, on your fellow humans became vitally important. Right? And we strip away all this other stuff, these distractions, it makes us [00:15:30] much more attuned to how important other people are to us. And so, I kind of think that one of the dangers that we have now with the pandemic, is people self-isolating on top of the lockdown. And like you said, like stonewalling and not reaching out to people, and Tom, from a mental health standpoint, what strategies have you seen that have been effective in helping people suddenly working from home for months on end?



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to flood the cabin, and the boat won't be able to right itself. But there's got to be a bit of a sense of powerlessness, because you want to preserve your life, right? You want to flee from the danger, but you can't do anything. You can't take action because [00:24:30] if you read it right, if you took action, you would just make the situation worse.

So you just have to have faith that the two guys on deck are going to do their job, and they're going to take care of business, and that you all will come





Hugo Mitchell-H...: Really good question. I think I would've brought more Nutella. What I said last [00:31:30] time, I would definitely bring more Nutella. Actually, I mean this is more talking about the technicalities of rowing, but there's no blueprint to do it perfectly. You'll see different people have done it in the world, and people try different things out to do it. And again, it's back to controllables and uncontrollables, but one of the controllables is, it's almost impossible to eat for your first four days. It's just such a shock to the human body to go [00:32:00] into two hours on, two hours off, add sunshine, seasickness, the actual pattern wearing, and exhaustion, so on. It definitely has a huge impact on your ability to kind of keep calories down. And so definitely more tasty foods to be able to circumnavigate seasickness.

Yeah, very kindly pointed out to us was our routing. Probably try and pick a better router next time to point us in the right direction. I think we were actually the team who covered the most miles. [00:32:30] I think it's a 3,000 mile crossing. We must have done about 3,100. I think we did an extra couple days worth of rowing, because of that route that took us so far north, we ended up having to do this funny Z shape across the Atlantic. But you know what, that was all part of our journey. That was all part of our journey, is if it had been quick and easy, we wouldn't have experienced those life-enriching moments. Yeah, as Tom puts it, adverse [00:33:00] moments that build you as a character. Yeah. Definitely get a better router to point you in the right direction. Interesting stuff.

Paul T: Well, you had the journey you were meant to have. Right? And I mean, what an amazing experience. So, Hugo and Tom, thank you both so much for talking with me today. It's a fascinating story and there's a lot of lessons that we can learn from it. Not many of us will get to say that we rowed across the Atlantic, but