

Photography and Mental Health

Amateur Photographer had an interesting article on how Photography can improve your mental health. So I thought it would be good to share this with the group

Background :

According to the Charity MIND, approx. 1 in 4 Brits will experience a mental health issue this year and 1 in 6 people in England report anxiety/depression issues in any given week.

The Covid-19 epidemic and the lockdown has increased the burden on those suffering with mental health issues and the likelihood of more people developing these conditions



Photography and Mental Health

Photography can help in several ways

1) Mindfulness

Being more aware of your surroundings, particularly if this is outside

Thinking about the light and shade, what angles you want, the composition, admiring the bird/wildlife etc....

By focussing on taking a good photograph, other issues are moved out of the forefront of your mind.



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2) Expressing emotion through the image

Sometimes it is difficult to put into words how you are feeling. Taking photos can be a way to express yourself through images

For example, a black and white image; an empty beach; bleak, grey skies and so on



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3) Macro photography

This works in a similar way to Mindfulness, by focussing in completely on small objects, we push other thoughts and feelings away.

Also, we are viewing a very small world, where our issues don't exist and where we are in control.



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The advice is talking about taking photos to improve mental health,

But also looking at old photos can also cheer us up....

Helping us remembering good times

Triggering memories



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Be aware that Photography can also **harm** your mental health....

- Depressed that your photos aren't good enough
- Frustration with the technology / jargon
- Stress from competitions / critical feedback

Photography should be fun.

Hopefully our Group is a friendly place !



Mental Health Video...

<https://www.youtube.com/watch?v=HibabJjE06U&t=2s>