

## INTRODUCTION

Photography is a mindful experience, requiring not only the focus and composure of camera and subject, but of you, as sentient individual behind the lens. As you concentrate on an aspect of your surroundings for a number of seconds, framing it in the viewfinder and your own field of vision, your thoughts may be caught up in its meaning and appreciation. The result is a stillness of mind, with increased awareness and regard for the joys and beauty of everyday life.

In the digital age, we are all photographers, although skillset distinguishes the professional. Regardless of level, however, the below tips can help you benefit from photography as a wellbeing pursuit.

*Free  
your flow*

By Frances McGonigle, DHP Acc.Hyp

SOURCE

## GETTING STARTED

You may set out to record an experience (e.g. a holiday or special event); act spontaneously in the moment when something catches your eye; or set time aside to take a meditative walk in nature. In all cases, you can aim, not to exert control over the composition or think of future media posts, but simply to focus on the details, form and colours before you. Let go and absorb the wonders presented, and zoom into "the here and the now"!

### *Develop a personal interest:*

Stick to equipment within your reach and means, adapting as you progress. Burdened with kit or pressures to buy will only cause unwelcome stress.

Avoid distractions by listening to music as you walk. Feel the rhythm in your movements, in the weather and focal subject.

Use free apps (Photoshop Express, Canva...) to play around with your images (create a triptych, calendar, book cover, thank you card...).

Frame images that you love and hang them in your home, sending a powerful message to your subconscious that you *are* good enough!

## TIPS

Aperture relates to depth of field. Select a low setting, like 3.5, for close objects in good light, or a higher number for landscapes in dim light.

Shutter speed relates to exposure/time. Select between slow (e.g. 30") in low light and stillness, and fast (e.g. 1/1000) to 'freeze' a bright, moving subject.

ISO relates to sensitivity/exposure. Choose a low number for less grain in bright light (e.g. 100), or increase this under darker conditions.