



# Wellbeing Photography

## Capturing the moment

Do you ever look back at old historic photographs? The very old black and white or sepia ones? They capture moments in time, lives lived, past actions and practices that may be completely unfamiliar to us now. Photos are powerful storytellers.

Today, many of us will capture images of those we love or places we visit using our mobile phones and their incredible camera capacity. Photography itself is really helpful tool when it comes to our wellbeing. It's a helpful way to focus on things, to adjust our perspective and taking pictures can capture fleeting moments that become held and recorded - literally pausing time.

Photography also works really well with the practice of mindfulness. Bringing these together is a creative way of intentionally slowing down, seeing things differently, changing our rhythm and pace. Mindfulness has a rich history and finds its roots in religious traditions and practices, but the central idea is beautifully simple. It is just about being in the moment, pausing, dwelling and being. Mindfulness and photography can be complimentary partners.

The pursuit of mindfulness through photography may lead us to a fascination with the extraordinary and rediscovering the beauty of the ordinary. Using your phone or a camera when out for a walk or waiting for a bus or sitting outside with a drink can become a moment to capture. We can learn to refocus by directing the lens on something that catches our attention. By taking a picture, we have to pause and slow down – we can begin to see things that may be beautiful to us, bringing us joy or hope. We may see the fragility of the world around us. We can be as creative as we like. Taking pictures of perhaps small, supposedly insignificant things and revealing the beauty in the mundane – possibly using filters, changing the colour, cropping or blurring backgrounds. What's important is to take a picture of something that catches your attention – using the moment to stop, to breath, capturing moments in time . . . to slow down and be well.

We would love you to share some of your photographs with us for a special page on our wellbeing platform.

[You can upload your images here](#)