

PHOTOGRAPHY & MENTAL HEALTH

Why and how photography
can be beneficial for our
Mental Wellness

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intoact
Make the Change Happen

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Everything started back in 2011 when I took a mandatory photography course at university. Since then it was love at first sight, so I applied to work as a nightlife photographer with the online magazine “beiruting.com”.

After a few years of practice and learning, I wanted to focus more on my passion for landscape and nature photography.

To achieve my goals and to challenge myself I often spend as much time as I can traveling to different countries. I have spent a great amount of time in Norway, where I had the chance to collaborate with National Geographic, your shot association back in 2016 to lead the “photo walk” event in “Sandnessjøen” one of the oldest towns

As well as being able to help with the “photo walk” events in Copenhagen, Denmark and Malmö, Sweden. Some of my Landscape work has been mentioned in numerous albums on Viewbug.com, as well as some of the corporate work. for “Ludvigsen A.S” was mentioned in some magazines like “Oslo Design Fair” and “Norwegian Fashion Week”.

As a photographer I have been focusing on my passion since 2011 and took the process one step at a time because of my full time job as a graphic designer and corporate photographer.

In 2020 I started teaching photography with “Intoact International” after writing my first photography course for beginners, so I can be able to help passionate photographers and people who would like to learn more about photography and pass on my knowledge and skills.

And for now after long years of learning it's time to start sharing that knowledge

MESSAGE TO THE READERS:

“Feelings don’t make you weak,
they makes you human.”

Through the years, I realized that I have
been suffering in silence and from
then on, the world became
a different place.

That's when I realized that silence is
the enemy of good mental health
and that talking about it can be helpful
for the people who are still struggling
with it in silence or can't seek help yet.

As a photographer I decided to use
my own experience and share how
I was able to overcome my struggles
through the years, and how
photography played a big role with
my mental health recovery.

My hope is that you will find some

Now I will share some helpful ways
that might distract you from your
suffering and with time photography
can become your savior,
the same way it was my savior during
my darkest days.

MENTAL HEALTH MATTERS,
so if you feel down please don't feel
ashamed to talk about it or seek help.



INTRODUCTION:

We all deal with mental or emotional struggles at one time or another in our lives. Whether it's stress from work, situational depression or anxiety, or full-on mental illness, it helps to take time to refocus and gain perspective. One tool you can use may be right in your pocket attached to your phone... a camera.

It has been proven time and again that creativity and art therapy are valuable tools for emotional wellness. Photography is one such tool that you

Modern technology provides easy to use options including a variety of automatic modes on point-and-shoot cameras, digital SLRs (single-lens reflex cameras), and even camera phones.

Now anyone can take photos and just by taking a photo, you are taking a moment to stop and look at your environment through a new lens. This moment can be the moment that changes your perspective on life.

PERSPECTIVE:

One of the key ways photography can ease anxiety is through perspective. In photography circles, perspective usually refers to the camera's point of view. Perspective can also be used to describe the relationship between objects in an image.

However, perspective in everyday language also refers to "a particular way of considering something".

An individual's perspective is guided by their own experience.

Therefore, a person suffering from anxiety may view the world through a prism of distress.

The beauty of photography is that it can change visual experience, which in turn alters personal perspective.

With an eye to the viewfinder, priorities can shift from the internal to the external.

Envelopes are funnelled into discovering and negotiating subject matter.

