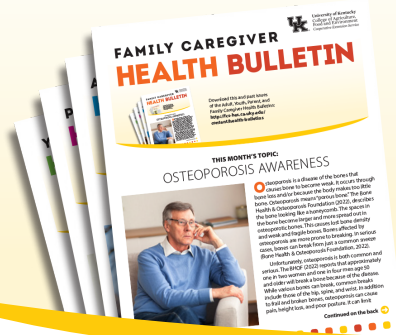




# FAMILY CAREGIVER

# HEALTH BULLETIN



DECEMBER 2022

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## THIS MONTH'S TOPIC:

# THE POWER OF PHOTOGRAPHY



**H**ave you ever looked at a photograph and liked it — not because of its quality, but because of what it stands for? Think about how many of your pictures bring you right back to the moment you took it or were there. According to Area 7/8 Extension Director and photographer Mike Meyer, photographs are powerful because they provide value. They help capture moments, store memories, and keep you connected. Photographs hold key elements to storytelling, but you do not need to speak a single word. According to photographer Jodi Carville, photos “capture and freeze a moment in time whilst conveying an emotion, expressing a mood, sharing an idea and telling a narrative” (Carville, 2022). The viewer uniquely interprets and understands the end product in just a glance.

Photography does not have to be intimidating, and cameras do not have to be expensive or fancy, according to Meyer. With today's technology,

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# *Creativity through photography can promote a degree of mindfulness as it forces you to pay attention to details.*

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almost everyone has a camera in hand at any given moment. Cell phones have opened the door to capturing and sharing moments in just seconds. Whatever type of camera you have, it allows you to be creative (Evans, 2016; PhotoHero, 2022). Creativity often forces you to let go and try something new. It contributes to a sense of purpose and self-worth. Creativity through photography can promote a degree of mindfulness as it forces you to be present and to pay attention to details. When thinking and exploring through the lens of photography, new things, beauty, and details may catch your eye and speak to your soul, even everyday things you have passed many times. Finding beauty in the people and objects around us can be inspiring and uplifting.

## **Meyer has a few tips for taking a meaningful picture:**

**Your subject is your self-reflection and value:** Your subject should be the focus of your photo because that is what is important to you — this is why you are taking the picture. Common subjects of photography include portraits, weddings, family, nature, animals, insects, landscape, sports, community events, etc.

**Focus and clarity:** Get rid of distractions and keep the attention and emphasis on the subject. To get to your subject, you may have to move your feet or find an intriguing angle. This allows you to be an active participant! Make your subject the clearest or the sharpest image of the photo.

**Point of view:** Use your angle, lighting, etc., to help you tell the story of what you are taking. If your subject has eyes, focus on the eyes as humans connect through eyes. Some say that they are the windows to the soul.

Meyer believes that photography is a beautiful way to tell and remember a story. Other photographers appreciate the ways in which photos provide powerful self-expression and reflection. Taking pictures with purpose can help you slow down. Through photography, you can



start conversations and share something you find interesting, beautiful, or significant. Photos preserve history. Photos provoke emotion — they can make us laugh and cry. They can provide people with a sense of security and belonging. They allow you to travel through memories or to places you have never visited. The stories that photos preserve can be passed down through family. Photos and the art of photography can be many things for many people.

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**FAMILY CAREGIVER  
HEALTH BULLETIN**

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