

Mental Health  
Awareness Week  
21-27 September

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#MHAWNZ

## Wellbeing Photo Challenge Top Tips

Top tips from [Nikon](#) ambassador and photography judge, [Esther Bunning](#).

### Have fun!

The most important thing to remember when taking part in a photo competition is to enjoy the process and have fun! It's about exploring what you love and what you enjoy. It's not about creating the 'perfect photo' – it's about recording something that resonates for you. I'm a big believer in experimenting and not being too rigid with 'rules' surrounding photography – really, anything goes!

### Get inspired

It's often the little things around us that we take for granted that can lend themselves to the best and most authentic moments. Pause for a moment and reflect on what surrounds you. Whether it's your young child playing with their toys and the light coming through the window onto your coffee cup in a moment of tranquillity, or the sun shining on the washing in the backyard, we have infinite moments in our daily lives that can reflect good things that we are grateful for.

### Angles

Use the daily themes as an opportunity to try something different. You could try different camera positions, i.e. Lying on the ground and taking a photo from a very low angle or taking a photograph from an upstairs window. Try taking photos through a window, or play with mirrors, shapes and doorways.

### Light

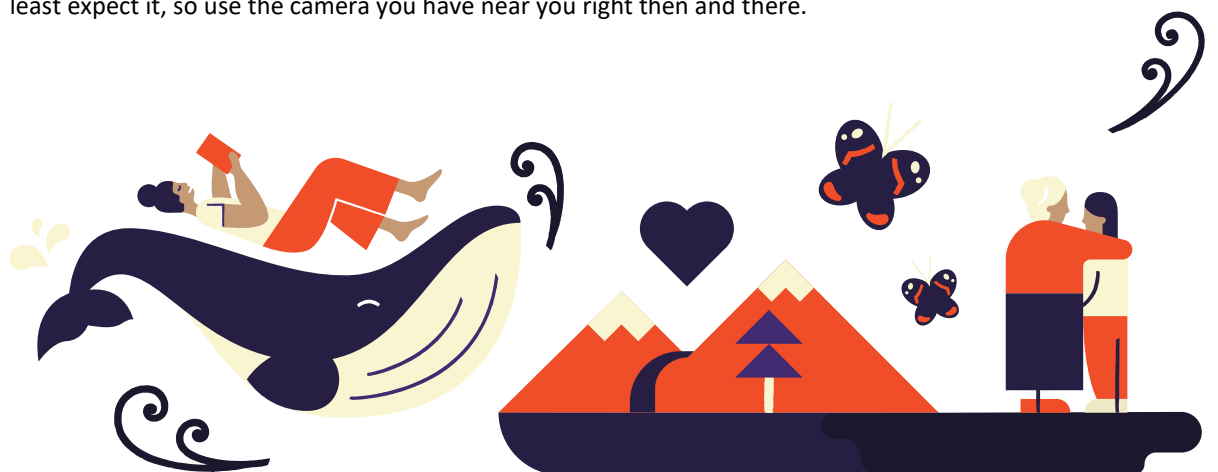
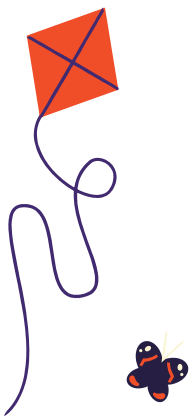
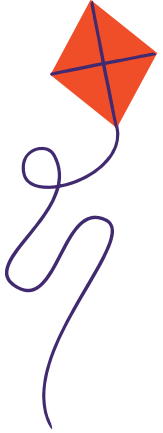
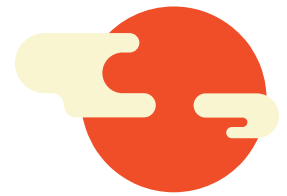
Any light can create magic, if you use your seeing 'eye'. You can work with sunshine and shadows, reflections and even the light from a mobile phone as a light source. You could even shoot straight into the sun/light source and play with lens flare for drama. Sunrise and sunset can be magic times for photography, and more forgiving for photographs of people and the light on their faces. Rainy days and puddles can bring their own magic, too.

### Photographing people

When photographing people, consider how you can get them to relax and be themselves. They might feel more comfortable moving (e.g. walking or dancing). Most people can relax if they're involved in an activity they enjoy. They don't need to be looking at the camera, so don't insist on a particular pose. Move around them and try different things as they are working or playing.

### Equipment

It doesn't matter whether you're using the latest mirrorless, a DSLR or your mobile, the best camera is the one you have with you at the time! Moments can present themselves when you least expect it, so use the camera you have near you right then and there.



# REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

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## Daily theme tips

This year has given us the opportunity to reflect on the simple things that matter in our lives – the things that surround us every day. Think about your connection to the spaces you move through on a daily basis – work, home and play. Consider how you play, interact and move through the land around you.

### **Whānau**

This is the people around you. It's the smiles, the emotions, the interactions and the story of the people you share your life with at work or home, on your commute or in your daily activities. What do these people mean to you and how can you show this in a photograph?

### **Wairua**

The little things that we often take for granted in our lives. Things that make us feel hopeful, and that give us strength. Sometimes our wairua might not feel strong so try to think of the ways you can strengthen it. How can you photograph the little things that bring you joy or calmness each day?

### **Whenua**

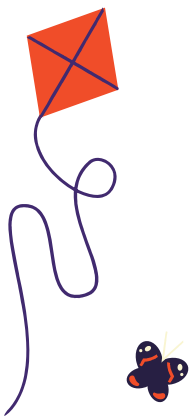
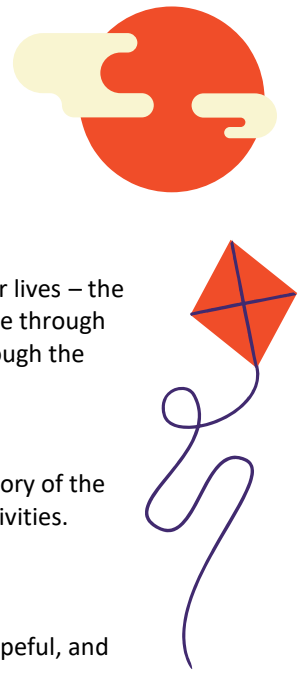
A walk in the park, in the rain, in the bush, at the coast or beach can be the perfect place to take a camera. Often these places 'ground' us, and give us a feeling of calm, and help create a different perspective on our day to day life.

### **Tinana**

Take a moment to pause and consider our body, and how we fuel it both mentally and physically. Think about how we move and care for our tinana. Think about capturing what we physically do throughout a day – our feet, hands, legs, arms or hair. It could even be a photograph of stillness or of senses – sight, smell, touch, hear and taste.

### **Hinengaro**

You can use this theme to create more abstract images that can show feelings, thoughts, or what your mind needs to be nurtured. This is the perfect theme to experiment with and have no boundaries.



**GETTING  
THROUGH  
TOGETHER**  
WHĀIA E TĀTOU TE PAE TAWHITI

