Photographic Reflection

One way to process your thoughts and feelings throughout the day is to spend time reflecting on how your day went and how different moments made you feel. Photography is an artistic way to both capture memories and reflect on a moment. In our current environment, you can use art as a tool to help you relax and reflect on your day. What does it mean to reflect and why is it important to allow your self time for this right now? Reflection is a process of exploring and examining ourselves, our perspectives, attributes, experiences and actions / interactions. It helps us gain insight and see how to move forward. It is a way for us to understand our thoughts and feelings, to allow us to process what we are can endure and remain strong though tough times. Think about what these moments captured through photography could remind of us in a month, a year, or a decade from now.

Photography focuses one’s viewpoint on the here and now and away from stress. Set aside a moment each day to walk around and find the things on the scavenger hunt below to reflect on yourself, your feelings, and your surroundings. You can use any camera, even your phone. Share your images with us! We will create an online exhibition of images sent to cpam2@houstonmethodist.org.

Photography Scavenger Hunt:

- **Happiness**: Take a photo of something that makes you happy. Is it a moment, a person, a flower? While you frame the photo in your camera, think about why this makes you happy.
- **Capture light**: What brings light into your day? Is it a window that gets morning light, an interesting light fixture in your house, or your pet? **TIP! Instead of photographing the lightsource directly straight on, find a different angle!**
- **Tranquility**: What is tranquility to you? This could be a scene, a space or any other way you envision tranquility.
- **Close-Up**: Practice your Micro Photography! Get up close to an object and try to focus your camera on the details. While you are focusing, take a moment to scan the object and find the most interesting details.
- **Something Surprising**: While on a daily walk or walking around your house, look for something you have never noticed before. There are little details all around us that we can find by slowing down and observing our surroundings. How were you surprised by this?
- **The Funniest Thing You Can Find**: Find the humor in the world today. Create a funny scene or capture the moment when your pet makes a crazy face! Be on the look out for ways to laugh.
- **A Very Relaxing Place**: Take a photograph of your favorite place to relax. Think about the composition of the space. What makes this a relaxing place for you? Is there anything you can add or change to make it more relaxing?
- **Self-portrait**: Try to capture your own image but think about it in a different way that is not just a selfie. Can you capture your shadow or silhouette? What represents you?

Save all of your images together and take a moment to reflect on them. Is there something that ties them all together or are they all completely different? How do you feel looking over these images? Do you have a favorite image? Why is this image your favorite? Don’t forget to share your favorite images to be included in an online exhibition to cpam2@houstonmethodist.org!

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Here are some examples to inspire you!

#Happiness

#CaptureLight

#Tranquility

#CloseUp

#SomethingSurprising

#FunniestThing

#VeryRelaxingPlace

#Self-Portrait