



*Mind, Body, and Soul  
Through the Lens*

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04

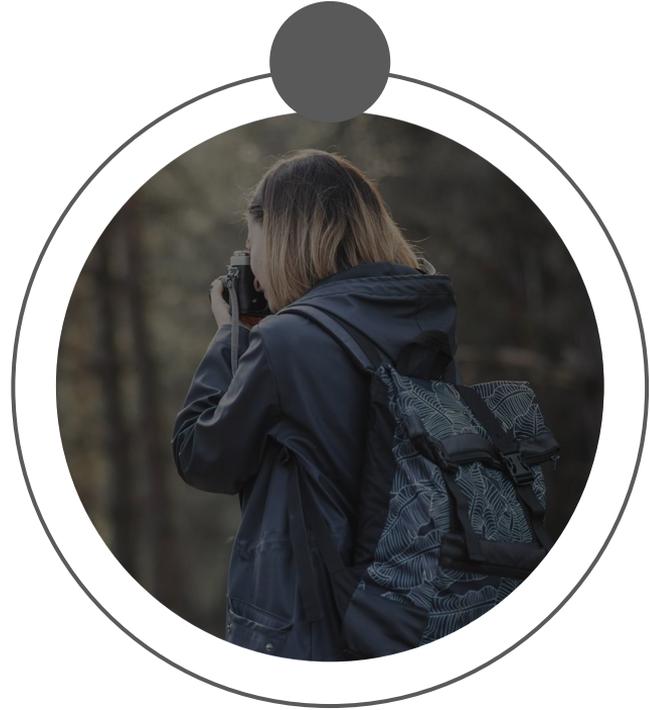
## MY WORK

Photographs



# ABOUT ME

During my sophomore year I wasn't my best mentally and I felt like I needed an outlet. I wanted to find something that I liked doing to put my mind at ease. It wasn't until quarantine that I found my hidden passion of doing photography. Photography allows me to capture moments in the world through my eyes and how I perceive them.



How can we find something that we are interested in and utilize it in a way that can help us when are going through a mental health crisis?

## **What is mental health?**

Mental health is something that includes our social, psychological, and emotional well-being. It is something that can affect our lives on a day to day basis. Mental health is something that is talked about but I feel like it is something that is not talked about enough in a way where there are conversations about different ways to help when we are down.

## **Why did I combine both?**

The reason why I chose to combine the topics of photography and mental health is because when I was at one of my lowest points photography allowed me to perform a different type of expression.

# Process/Steps



**1.**

Find an activity that helps me feel calm and better about myself when I am going through a mental health crisis.



**2.**

I had to figure out what exactly I wanted to take pictures of



**3.**

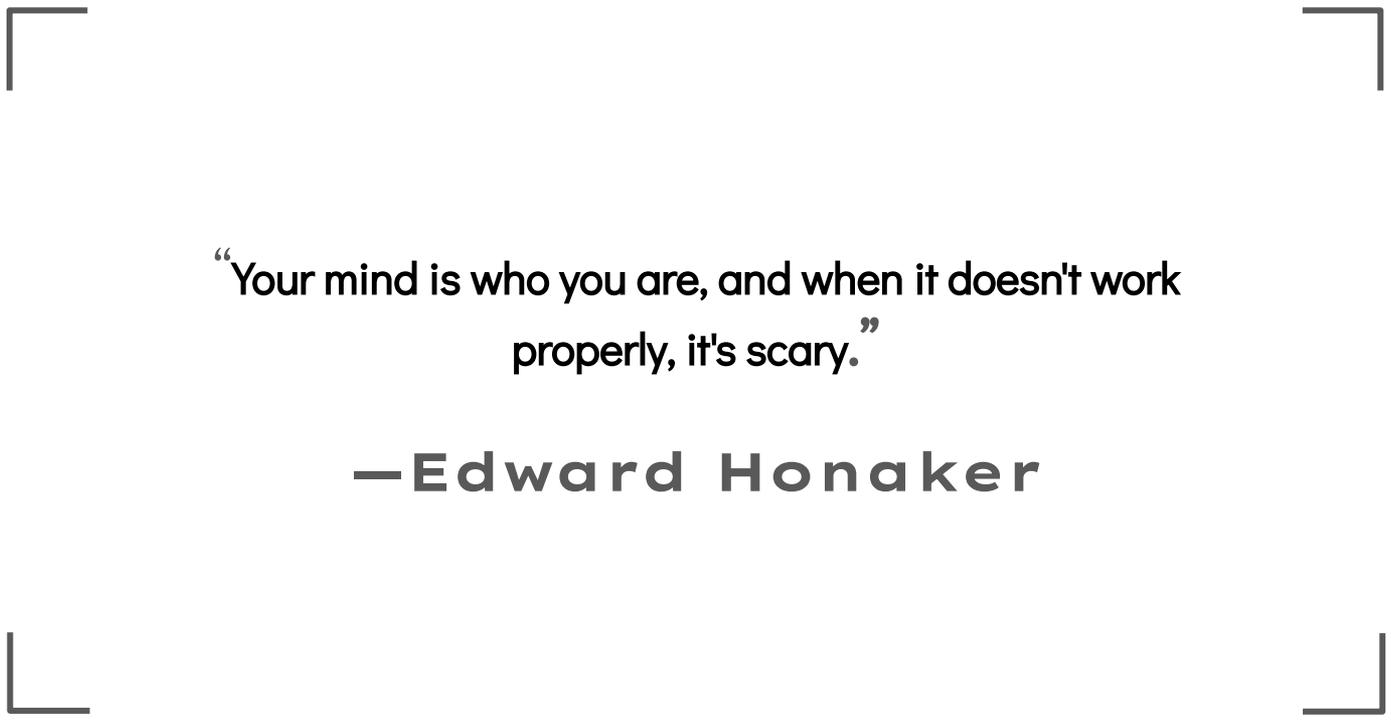
Took multiple trips out to different sceneries in order to take the photos I wanted.

# Why it matters to the community

I want to get the point across that when your mental health is low I understand that being engaged or even intrigued in the world or reality itself is hard. That it's okay that certain things don't work for you when it comes to trying to get back to a good place. Coming from a person who has been there, finding something that you truly enjoy doing can make such a big difference. The project itself isn't necessarily benefiting the community but the idea and goal of the project helps the community in some way. Anybody can benefit from it but this project is targeted more towards people who struggle with mental health issues. It doesn't have to be diagnosed or it doesn't have to be where you struggle long term or short term, everyone's struggles are different and they are as valid as the next person.

# Did the project change over time?

Personally, my project did not really change much over the course of me doing it. I do feel like a lot more collaboration went into my project than I originally thought I was going to do. I ended up talking to a lot of people about my project and just trying to get them to see my perspective of the project.



“Your mind is who you are, and when it doesn't work properly, it's scary.”

—Edward Honaker

A PICTURE IS  
WORTH A THOUSAND  
WORDS

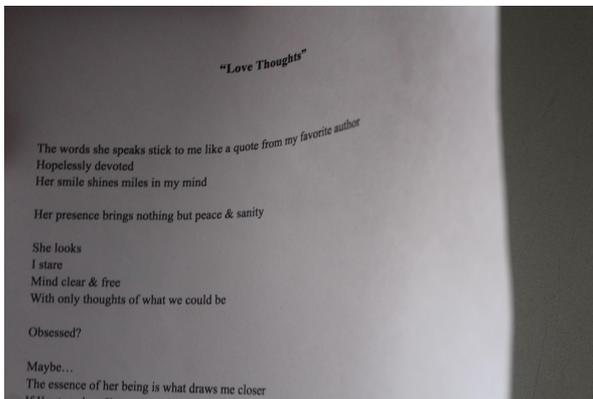




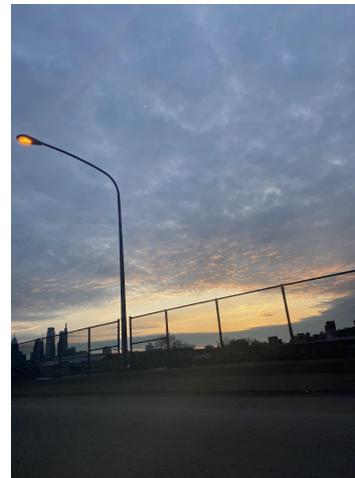
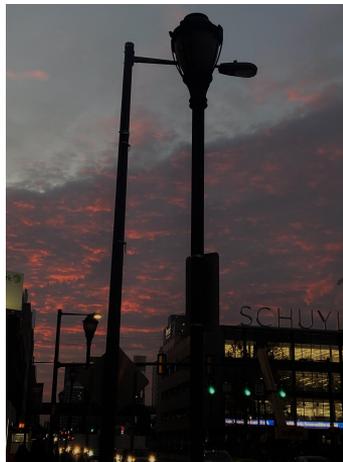
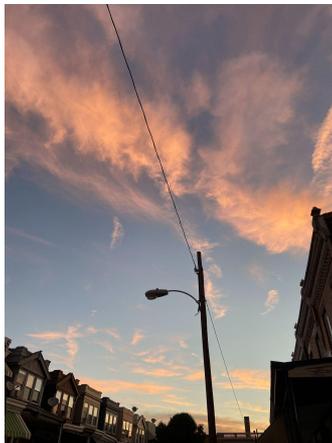
**MY WORK**



# PROJECT 1

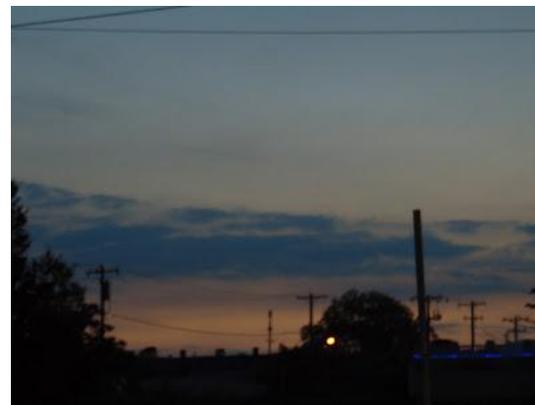


Where will the wind take me?



# PROJECT 2

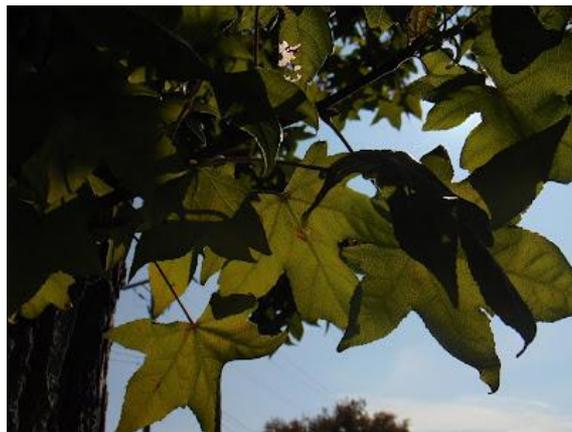
The sky has no limit.





# PROJECT 3

The silence of nature.





# PROJECT 3

The bliss of friendship.



# What did I learn throughout this process?

I learned that finding something you truly enjoy in the midst of being on rock bottom is hard. Being detached from reality and trying to find your way back is like finding a needle in a haystack but in the end I learned that there is something out there for everyone.