



MINDFULNESS EXERCISE

USING PHOTOGRAPHY TO INCREASE SAVOURING

Mindful awareness is the ability to pay attention to our thoughts, feelings and sensations in the present moment. The purpose of this exercise is to increase your mindful awareness of your surroundings, gratitude and to enhance a better mood amidst your busy schedule.

Researchers at PositivePsychology.com state that "taking a photograph requires a certain amount of focused attention and appraisal of one's direct environment. Typically, a photographer scans the environment for beauty, meaning, or value. In so doing, he/she may see and notice unique and positive features of his/her daily life that are normally left unseen." This idea was tested in a study by Kurtz (2015) and it was found that photography can be used to improve mood and appreciate everyday life.

If you like photography then you have a sweet deal. But if you don't, how about if you challenged yourself to try something new? And if you still cannot, how about taking photographs related to your goals? Either way you have nothing to lose but more mindful awareness to gain. And again if you still don't then feel free to share the exercise with someone who like photography.



**"Taking pictures is savouring
life intensely, every
hundredth of a second."**

Marc Riboud



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This activity should elicit an eye for beauty in your everyday life, not demand excessive strain or become a dreaded chore.

Instructions:

1. Take a picture in or around your office of an item that mainly focuses on whatever promotes positive feelings in you.

- Examples include simple pleasures of life like
 - a cup of coffee,
 - a beautiful sky
 - a potted plant
 - a shrub in the parking lot
 - a beautiful print in your or a colleagues cloth
 - a photo ensemble
 - a notebook on you desk

2. Try to make your pictures beautiful, creative and meaningful to you. Do not rush through this exercise, but try to take everything in and take the best pictures that you can.

3. If you want to incorporate this in your daily practice, decide on a suitable number of pictures that you can take daily.

4. Share the photo with someone and discuss what it means to you. It'd be very exciting if you share with your superior.

Answer the following questions;

- How does it feel to do this exercise?
- How does it feel finding the suitable photo moments go (e.g., difficult, easy, convenient/inconvenient)?
- What did you feel/experience when taking the photographs?
- Let's take a look at your photos. What do you experience when looking at these photos?
- Is it possible to discover an underlying, general theme in your photos that seems to positively contribute to your well-being?
- Did you share the photos with others? If so, how was it? How did others react?
- What can you learn from this experience?