

De-Stress with Photography

How to combine photography with positive psychology to develop happier, stress-free lives.

These days we are exposed to constant change. We are challenged by work, relationships, money, health, travel, politics, IT – to name just a few! As a result the stress reaction – sometimes known as fight or flight - is being triggered all the time. This is not just unpleasant, it is damaging. Our bodies are not designed to handle the hormonal changes of the stress response and the result can be both physical and mental damage.

Photography can come to the rescue. In this one-day workshop, John presents an eight-step programme for using photography as a route to mental wellbeing. The day is a combination of photographic presentations and exercises designed to manage stress and provide lasting tools to ensure a balanced life and an antidote to modern day pressures.

Topics covered include:

- Achieve the condition of Flow**, the state of immersion in energised focus.
- Find beauty in ordinary things** to become fully conscious of our environment.
- Set a photography goal** as an escape route from everyday pressures.
- Become an artist** and let your 'right brain' have its say.

The workshop is relaxed and participative. Bring your camera and some of your photographs (as prints or on memory stick).

The day is run by **John Humphrey**. John is a Fellow of the Royal Photographic Society who has spent most of his working life in the fields of positive psychology and mental wellbeing. He is an established lecturer and writer on these subjects, books include 'Coaching for Resilience' published by Kogan Page.

What's included?

Amersham Studios is the UK's foremost photography training centre and working studio. We've created a warm friendly environment where no question is a stupid question and all makes and models of cameras are welcome. You'll get to play with the latest gear, spend time with our experts and leave a better photographer.

As with all Amersham Studios courses will be providing: - FREE transport to and from Amersham Station. - coffee, refreshments and cucumber water, and a buffet lunch (We'll ask about any dietary requirements by email a week before the workshop)

Lunch is provided so please let us know if you have any special dietary needs.

Time: 10.00am – 4.30pm

Location: Amersham Studios, Rear of 31, The Penningtons, Chestnut Lane, Amersham, HP6 6EJ

Tel 0782 562 1916

Parking: There is parking outside the studio

Website: <http://amershamstudios.com>