



# GUIDE TO HEALTH

Project with multiple beneficiaries under the ERASMUS+ Programme

## **Guide to health**

Integrative tools to manage children's anxiety (in school): guiding light to better mental health

Project code:

**2023-2-HU01-KA220-SCH-000181724**

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# Street photography

Life as a teenager, as well as that of an adult, can be a lot of stress: school, friendships, expectations of others, social media... You often feel overwhelmed.

Today we are going to think about an easy and creative way to calm, to slow down a bit: photography.

I'm not talking about perfect selfies to post, but about using the camera – even that of your smartphone – as a real anti-stress tool.





1. Mindfulness in a Click: photography forces you to slow down. To take a good photo, you have to focus on the present moment, on the light, on the details, on the framing. This act of focusing is a form of active meditation. It takes your mind off negative thoughts.



2. The Art of Observation: stress often makes us run. Photography teaches us to really observe the world around us. Try to photograph only the details you usually ignore: the texture of a leaf, a reflection in a puddle, the way light hits a window.

This visual training improve your ability to concentrate and helps you to take the positive and unexpected aspects of everyday life.



3. Expression without Words: sometimes it's difficult to put into words what we feel: anger, confusion, sadness. Photography becomes an alternative language. You can use images to explore and communicate your emotions in a safe and creative way. It is a cathartic process, which allows you to visually shape what is complex within you.

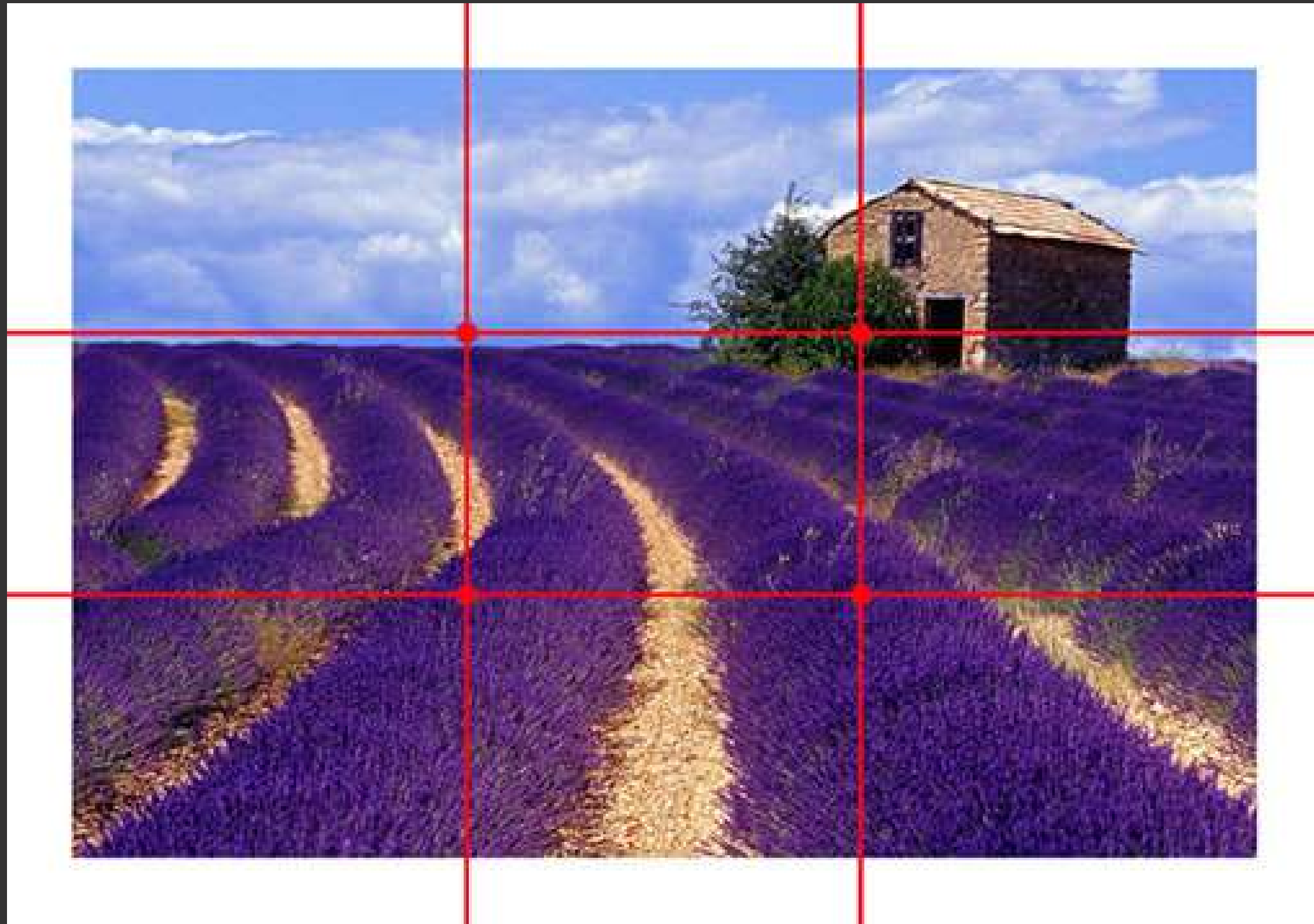
4. Connection to the (Real) World: Exits. Walk. Photography pushes you to explore the environment, whether it's a park, a neighborhood, or just your own garden. Switching off from screens and connecting with nature (or street life) is scientifically proven to reduce the stress hormone cortisol and promote a sense of calm and serenity.





5. Boost Self-Esteem: Being able to capture a special moment, find the right composition, the right point of view or solve a minor technical issue with your camera gives you a sense of accomplishment and competence. Every successful shot increases confidence in your abilities, which is a key element in dealing with stress.

# RULE OF THIRDS



Imagine drawing a grid on your photo: two vertical and two horizontal lines dividing the image into 9 equal squares.

Most smartphones and cameras allow you to display this grid directly on the screen. Look for it in the camera settings, it will help you a lot!

# RULE OF THIRDS



Why does it work?

Putting the subject in the center can be boring and static. Our eye is naturally drawn to the points where the grid lines cross. Moving the subject from the center creates a more dynamic and balanced image, inviting the viewer to explore the entire photo.

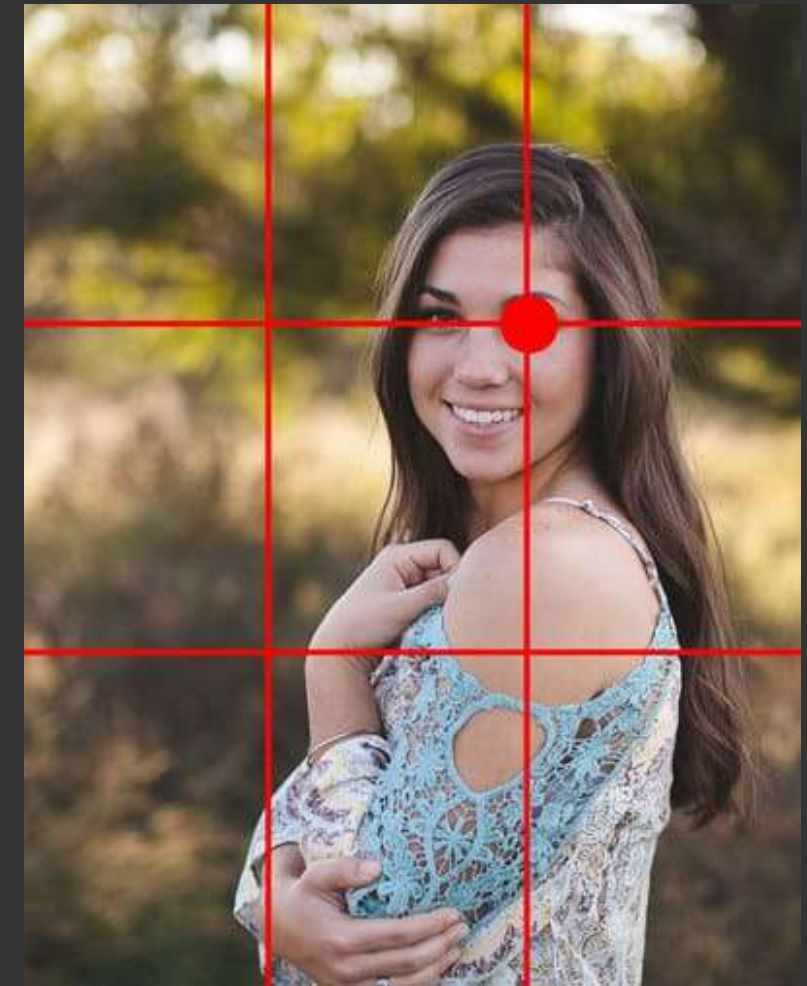
How to use it (it's very easy!).

The game is simple: instead of putting your subject in the center, place it along one of the lines or, even better, at one of the four points where the lines cross. These points are called "strengths" or "fires".

Here are some practical examples:

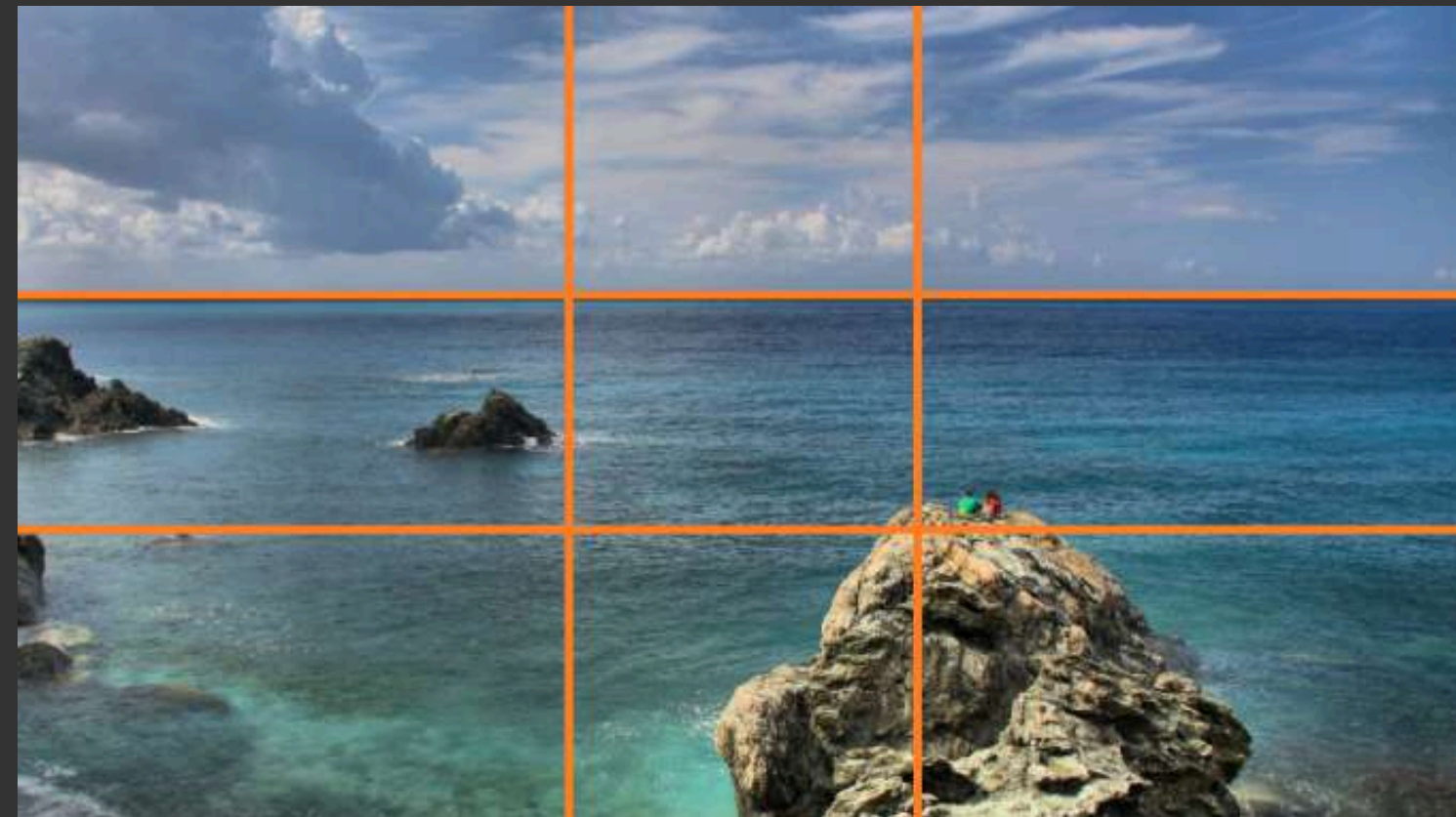
- Portraits and Selfies:

- NO: Your face perfectly in the center.
- YES: Move your head slightly so that one of your eyes falls on one of the crossing points at the top. The photo will immediately seem more intense and will capture the attention more.



- Photos of Landscapes (the sea, a sunset, a city view):

- NO: The horizon line that cuts the photo in half.
- YES: Place the horizon on the bottom horizontal line if you want to give more importance to the sky (maybe it's full of cool clouds or has sunset colors). Place it on the top line if you want to show more of what's on land or in the water (sand, waves, a field of flowers).



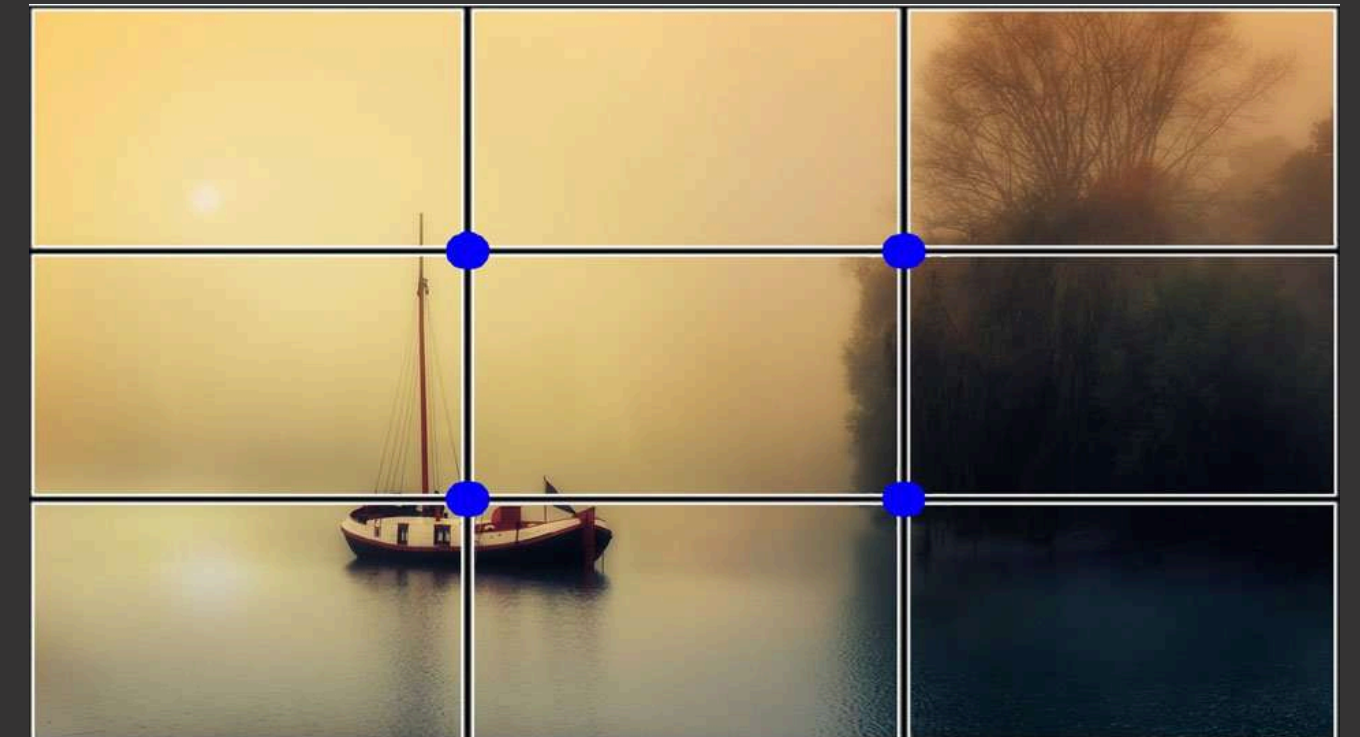
- Photo of a Friend moving (or any moving subject):

- NO: Your friend in the center of the frame.
- YES: Place your friend on one of the vertical lines (right or left) and leave more space in front of him, in the direction he is moving. This creates a sense of movement and makes the image "breathe".



- Photos of Objects (a cup of coffee, your new shoes):

- NO: The object planted in the middle.
- YES: Place it on one of the crossing points at the bottom, right, or left. This enhances it and makes the composition more interesting.





**The Point of View (POV)** or Camera Angle is crucial in photography, as it greatly changes how the subject is perceived and the message you want to convey.

High Angle (Looking Down).

Makes the subject look smaller, less important, weak, or vulnerable.



## Low Angle (Looking Up).

Makes the subject look taller, larger-than-life, powerful, or dominant.



## Normal Angle

Gives a realistic and familiar view, fostering a strong connection with the viewer without distorting proportions.



Now we are ready to start the adventure!

We will go in search of a scene, made up of people, or buildings, or details that make you smile, make you think or stop you for a moment.

We want to see your personal point of view of Perugia. We want your story about the places of Perugia.

Here, Street Photography is just that: capturing that unrepeatable moment of everyday life.

*"Walk slowly, observe, breathe. Let your eyes get used to the environment."*



## **The Golden Rule: Ethics and Respect**

This is the most important point. When photographing unknown people on the street, there are unwritten rules that you must abide by.

### Dignity and Respect

DO NOT take photos that may embarrass, humiliate, or ridicule people (e.g., people who are struggling, too vulnerable, or clearly annoyed). If you feel the slightest doubt, don't shoot.

### No to Minors

Photographing minors (children and young people) requires extreme caution. Unless it is a public and crowded event where the child is not the main subject, it is always better to avoid or ask permission from the parents.

### The Right of Publication

In Italy, you can take photos in public places. However, posting photos in which people are recognizable and which are used for commercial purposes (e.g. selling the photo) requires their permission (release). If the photo is used for artistic, cultural, or informational purposes (such as reportage), the rules are more flexible. Common sense is your best guide!

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