

This is a free resource for you to use during the coronavirus pandemic. If you represent an organisation or business and would like to offer this to your staff or service users, please contact **Ruth Davey**.



# Your 7-day **FREE** Taster **Re-frame Your Now™** Mindful Photography Programme

Stay Calm and Connected  
and get Creative – at Home!







## Are you anxious, fearful or feeling low about the coronavirus and all the uncertainty that comes with it? Would you like to improve your mental health and build resilience at this difficult time?

Use your imagination and your smart phone or camera to explore creative ways of seeing and experiencing what is happening around you, and improve your mental health and resilience at the same time.

A combination of mindfulness, photography and nature can help you, your family and anyone you live with, see what is happening at this uncertain time through a different lens.

### Re-frame Your Now™ activities will help you:

1. Slow down your mind and stay calm
2. Deal with some of the fear and anxiety you may be feeling
3. Build resilience and become more adaptable
4. Create your personal photo story of these unprecedented times
5. Take positive action

**All you need is your eyes, a smartphone or camera, and an open mind.**

**This is a free resource** for you to use during the coronavirus pandemic. If you represent an organisation or business and would like to offer this to your staff or service users, **please contact me.**



I would like to thank **Lost and Found Creative** for supporting this project and designing this document. I hope you and your household find this offering helpful at this tricky time. With love and courage,

*Ruth*



# Introduction

## What is mindful photography?

"Mindful photography is using our sight and a camera as an anchor to help us become more consciously aware of the present moment. It is experiencing the process of creating photographs in a non-judgmental, compassionate way."

**Ruth Davey, 2017**

The activities below use the five senses to focus on a few key attitudes of mindfulness: **the beginner's mind**, **curiosity**, **acceptance**, **gratitude**, and **compassion**.

You may like to have a special '**Re-frame My Now**' notebook and write down any ideas, insights or words of wisdom you may gather along the way.

**Find out more at:** [www.look-again.org](http://www.look-again.org)

"It reminded me of the beauty to be found in stopping, looking closely at the unexpected. Such an important starting point for finding more happiness." **Jennifer Barton**



# Nature connection

LOOK  
AGAIN

**All of the activities can be done in your home. Some of them can be done outdoors in nature and I encourage you to do this whenever appropriate and possible to get the maximum health benefits.**

**Please note:** I am very aware that people are facing different circumstances. If you are in lock down and have a garden, do the activities there. If this is not possible, and you are confined to an indoor space, you can find photos of nature in books or magazines or watch nature programmes online. Scientific evidence now proves that even looking at photos of nature can help to improve wellbeing.



You may want to read the **National Trusts and the University of Derby's recent Noticing Nature report:**

<https://www.nationaltrust.org.uk/features/get-connected-to-nature>



Also, a wonderful podcast on **BBC Sounds** about the therapeutic benefits of nature – inside and out:

<https://www.bbc.co.uk/sounds/play/w3csytzt>



## Create your own Look Again frame

A viewfinder can be really helpful, allowing you to view the world differently before you get your smartphone or camera out.

**See page 13 for a template**

# Preparation

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## Before you start each activity

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Find a quiet place to sit.

Be still and quiet for a few minutes.

You may want to close your eyes or simply lower your gaze and focus on the floor.

This will help to still your mind and get into a more creative headspace.

Use what you see as an opportunity to be curious, to take notice of your surroundings, wherever you are. Try to imagine you are seeing it all for the very first time, as a young child might.

Use your eyes to become more appreciative and grateful for what you have.

You may want to print out our weekly guide and put it on your fridge for easy reference and to jog your memory.



## Before you create a photo

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Slow down, breathe, look and look again.

Take your time to look and really see.

Enjoy the process of allowing yourself to be in the moment.

There is no rush.

Decide what you'd like in the frame and what you choose to leave out.

Breathe.

When you are ready, mindfully and consciously create your photo.

**Note:** Keep things simple – this is not about the tech!

Also you may want to take a moment to reflect after completing the task and write about your experience in your notebook and to share the photos with others. The activities could be done over a course of a day if this works better for you.



## Use your sight to look again at colour

Choose one colour. Slowly walk around your home and/or garden for at least 15 minutes noticing this colour. Get up close. Once you've looked around, create five mindful photos of your chosen colour.

1

## Use touch to look again at texture

Choose a small area of your home or garden and spend 10 minutes looking carefully at all the different textures you can find there. Look at contrasts: soft – hard, smooth – rough etc. Create five mindful photos.

2

## Use hearing to look again at sounds

Choose a corner of your home or garden. Bring your awareness to any sounds you can hear. Be curious and accept them for what they are. Create up to five mindful photos of whatever is making the sound or of something else that will remind you of this moment in time.

3

## Use smell to look again at liquid

Choose your favourite drink. Bring your awareness to any smells present as you slowly pour your drink into a glass/mug/cup. Create up to five mindful photos of it from different angles before you drink it, savouring any smells as you do so.

4

## Use taste to look again at food

Pick a meal you'd like to photograph today. Create up to five mindful photographs of it – from preparation to eating the food. Be mindful of all the hands that have made this meal possible – from earth to plate. Give thanks. Remember those who may be hungry at this time.

5

## Use connection to look again at people

Connect with people in your life. With love and compassion, choose someone to have another look at as if for the first time. Create three photographs of them. This does not have to be their face. Look at them creatively. What is their story? If you live alone, find photos of someone you love and create photos of the photos. Or you can do this when on an online call.

6

## Use yourself to look again at action

Have a look at your hands as if for the first time. What do they say about you? What story to they tell? Reflect on what you do with your hands. Take three mindful photos of some or all of your hands. Make a commitment to doing something positive with your hands today to either care for yourself, someone else or the earth. Create a photo to document this.

7

## Week Two

- Day 1** Choose another colour.
- Day 2** Find new textures.
- Day 3** Focus on new sounds.
- Day 4** Choose another liquid.
- Day 4** Choose another meal.
- Day 5** Focus on new sounds.
- Day 6** Connect with another person.
- Day 7** Commit to a new action.

Repeat this process every week. Use your imagination to find variations to the themes.



# Connect and share

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## Use this time to inspire and encourage others

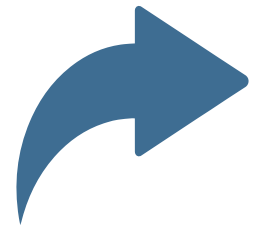
### Connect with your family, friends and colleagues

Share your photos, ideas and insights on social media.

Share to the **@Look Again Mindful Community Facebook Group**.

Please share with Look Again tagging the following handles.

Use: **#ReframeYourNow**



"I work with Look Again in my professional role and am now personally seeing the benefits whilst having to work from home. These exercises give me perspective and help to alleviate anxiety, making me more resilient to work productively and maintain my mental health."

**Helen Jeffrey, Community Engagement and Social Responsibility Manager,  
Gloucester Cathedral**





# Our background



## A little bit about... Ruth and Look Again

I launched Look Again in 2012 to bring together my love of photography with 30 years experience of working in international contexts and in business and community development, as a project manager, facilitator and trainer.

Along the way, I've had my own experiences of mental health challenges. A few years ago, as a way of recovering from a 'breakdown', I combined the things I enjoy the most – photography, nature, walking and mindfulness – and found that learning to see my life with fresh eyes helped me in ways that nothing else did.

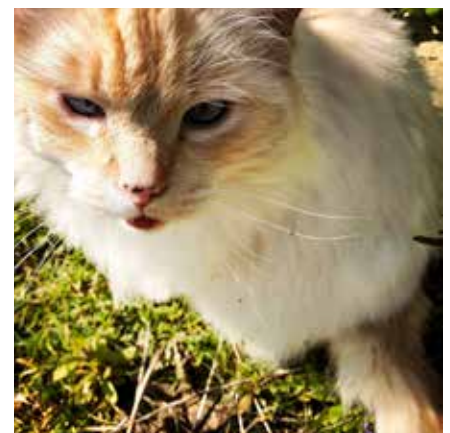
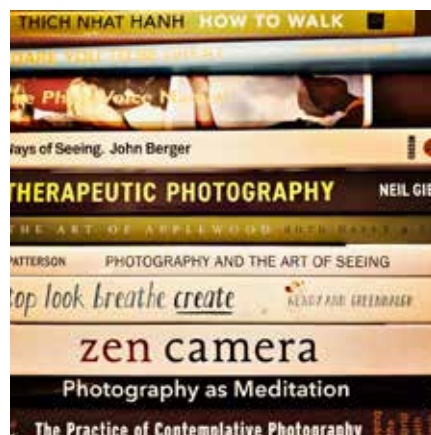
I now run mindful photography courses and training programmes for individuals and organisations – in person and online – to help people improve their mental health, wellbeing and resilience. I still offer photography commissions too!

Clients include: **Canon**, the **NHS**, **Gloucestershire County Council**, the **National Trust**, and **The University of the West of England**.

I'm a fellow of the **Royal Society of the Arts** and am currently shortlisted for the **Culture Arts and Wellbeing Alliance's Climate Change Award**.

**My key values** are **equality**, **integrity** and **courage**.

See [www.look-again.org](http://www.look-again.org) for more about my story.



## Validated by academic research from the University of Gloucestershire

In 2019, the University of Gloucestershire evaluated a 9-month Look Again project funded by Gloucestershire County Council, concluding that the Look Again approach to mindful photography as an intervention is effective in increasing levels of participant wellbeing and mental health for both men and women.

All measured outcomes show improvement in comparisons of before and after self-completion questionnaires.

Importantly, participants value the ability to learn mindfulness and photography skills to use to support their day-to-day lives beyond the timeframe of the project. A full report of the research is available on the [Look Again website](https://www.look-again.org/mindful-photography-methodology) (<https://www.look-again.org/mindful-photography-methodology>)

I am working with the university on a further two research projects in 2020.  
**See page 11 for the Look Again methodology.**

## Would you like to take part in a research opportunity?

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The University of Gloucestershire would love to hear your thoughts about this free taster, particularly to understand if it has helped to support your wellbeing during this difficult time. If you are willing to answer a survey, or take part in a telephone or online interview (e.g. Skype/Zoom), please drop the university a line:

**[MindfulPhotographyStudy@gmail.com](mailto:MindfulPhotographyStudy@gmail.com)**



## 1. Sign up to my newsletter

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Visit: [www.look-again.org](http://www.look-again.org)

## 2. Sign up to the Re-frame Your Now™ 4-week online course

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**Starts Saturday 25 April, 10.00am to 11.30am**

This is a 1.5 hour weekly zoom call over 4 weeks that will help you use mindful photography to deal with anxiety and uncertainty and stay mentally well, resilient, motivated and engaged over the coming weeks.

Every week you will learn practical, creative and fun exercises to help see you through this difficult time. The skills learnt will also be of benefit to you well into the future, using the Look Again's tried and tested methodology – see p11.

All you need is a smartphone or camera, pen and paper and an open mind!

**For more information and to sign up today at: [www.look-again.org/reframeyournow](http://www.look-again.org/reframeyournow)**





# For organisations

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## Something for your staff

Look Again offers you a great deal more than this taster!

### 1. Adapt this taster to fit your vision and brand

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Many organisations are adapting this resource to fit their own vision, purpose and brand. If you would like to do this or you would like to discuss CSR opportunities, please contact me.

### 2. Sign up your staff to the Re-frame Your Now™ 4-week online training

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**Starts Thursday 30 April 10.00am to 11.30am**

In an accessible, creative and resource light way Look Again training programmes help your staff:

- Reduce stress, anxiety, depression, and burnout
- Improve mindset, mental health and wellbeing
- Increase focus, motivation and engagement
- Build resilience in a fast changing world

The online training programme follows the tried and tested Look Again methodology that covers:

- Slowing down and time for quiet and stillness, where possible, in nature.
- The Look Again '7Cs+ framework' for building resilience.
- Putting the 'I' back into photography.
- Simple mindfulness practices and the key attitudes of mindfulness.
- Therapeutic, participatory and creative approaches to photography.
- An exploration of themes that encourage creativity and insight.
- The Five Ways to Wellbeing developed by the New Economics Foundation and used throughout the NHS.
- Conversation, feedback and reflection.

**For more information and to sign up please see: [www.look-again.org/reframeyournow](http://www.look-again.org/reframeyournow)**

### 3. Bespoke training programmes to suit your needs and budget

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Please contact me on **07789 958895** or **[ruth@look-again.org](mailto:ruth@look-again.org)** to discuss possibilities.

# Contact

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For more information and a friendly chat  
please contact me:






**Ruth Davey, Look Again**

07789 958895

ruth@look-again.org

[www.look-again.org](http://www.look-again.org)

Please also connect with me and Look Again at:

-  **Twitter** @LookAgainPhotos
-  **Facebook** @lookagainphotography
-  **Instagram** @lookagainphotos
-  **LinkedIn** ruth-davey
-  **YouTube** Ruth Davey



“Without a fancy camera or technical know how, I have learnt an awful lot about where to focus my eye, but also my mind and my heart. Ruth holds the space beautifully and is helping magic happen. Within six weeks of working with her, I am back and delivering at a high level again.” **Sheila Brown, Company Director**

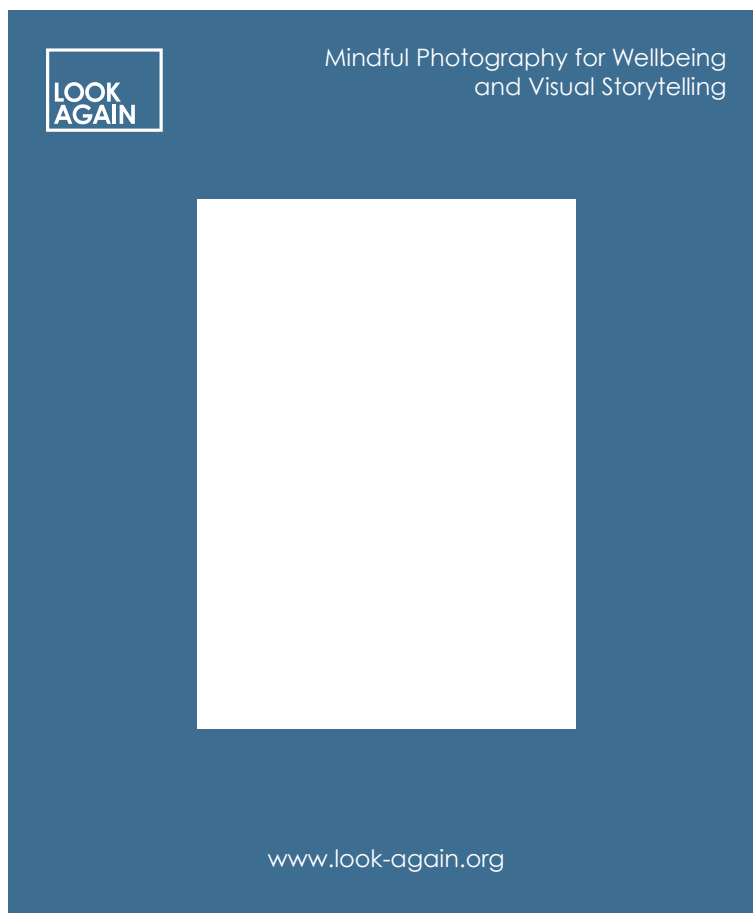
“It has shown me the photographic possibilities and mental health benefits of slowing down and looking carefully.” **Mike Walsh**

# Viewfinder

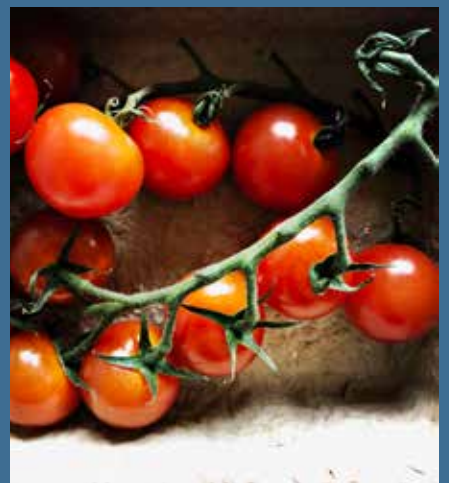
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Feel free to print and cut out the viewfinder below, this will assist with our mindful photography programme. Alternatively, please use this as a guide and cut out a viewfinder from an old cardboard box or cereal packet.







# LOOK AGAIN

This is a free resource for you to use during the coronavirus pandemic. If you represent an organisation or business and would like to offer this to your staff or service users, please contact **Ruth Davey**.

I am extremely grateful to the following organisations for supporting this free taster programme:



[look-again.org](http://look-again.org)

**Disclaimer:** This resource is to be used in your allotted exercise time or in the security of your own home. Be mindful of others and government guidelines at this time of uncertainty. **Stay safe. Stay well.**