

Wheel of Wellbeing

Place: *Snap Happy!*



Overview of the activity

In our busy, always-on world, finding simple ways to support our mental wellbeing has never been more important. One powerful tool that is often overlooked is [photography](#). This simple activity requires just 15 minutes a day over the course of a week, followed by an additional hour at the end to reflect on your photographs and the inspiration you discovered along the way.

Why do this?

A [photographic journey](#) can help appreciate the present moment and find inspiration in the world around us. Beyond capturing beautiful images, photography encourages us to slow down, be present, and see the world through a different lens. Whether it's expressing emotions, practising mindfulness, discovering beauty in everyday moments, connecting with others, or reflecting on our experiences, photography can have a [positive impact on our mental health](#). It offers a creative outlet that helps [reduce stress, boost wellbeing, and support personal growth](#).



Instructions

- 1. Over the next week, take photographs of things that bring meaning, purpose, or joy to your life.** These could include people, places, pets, objects, activities, or anything else that feels important to you. If you can't photograph the actual thing—for example, if it's far away—you can instead photograph a reminder of it, such as a keepsake, a website, a drawing, or another photograph. Aim to collect at least nine images over the week.
- 2. Once you have gathered your photographs, set aside some time to reflect on them.** Look at each image and write a short response to the following question: *“What does this photograph represent, and why is it meaningful to me?”*

Take time to explore the memories, values, relationships, or experiences that each photograph brings to mind.

