Tips for taking your self-care photographs for the online gallery

1. What should I be taking photos of?

We want you to take photos of your self-care activities. This might be your morning cup of tea in the sun, your monthly hair appointment, whatever self-care means for you.

2. Can I include faces in my photos?

Please avoid including any identifiable faces in your photos. If your self-care involves other people, for example walking with a friend, please avoid including your friend's face in the photo – we want them to be able to remain anonymous.

3. How many photos can I submit?

You can submit up to three photos.

4. Shoot landscape, not portrait

Computer monitors and social streams all have landscape-orientated displays. Please turn your device on its side and take your photo in landscape.
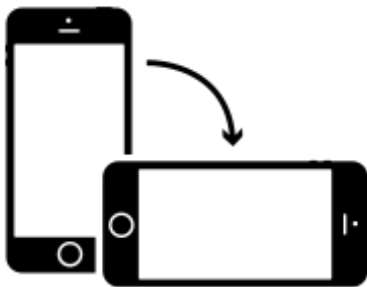
5. What quality do the photos need to be?

It is recommended that photographs be in the form of a jpg (jpeg) file and at least 5 megapixels.

6. Lighting

Taking photos in an area where there is natural light is great in almost every instance. When indoors, positioning the subject of your photo near or facing towards a window is best. Having a window behind you can create shadowing. Be mindful of lighting from above (ceiling lights) as they can also create shadowing.

7. Prepare a blurb

You have a maximum of 25 words to tell us the thoughts and feelings behind each of your photographs.

Please note:

Inappropriate or offensive content will not be tolerated.

How can I submit my photo?

Visit www.everymind.org.au/shareyourselfcare. Submissions close midnight Saturday 31st October.

Should you experience any difficulties, please send an email to Dr Zoi Triandafilidis, Senior Project Officer, zoi.triandafilidis@health.nsw.gov.au

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