



EMOTIONS THROUGH THE LENS 2021

PHOTOGRAPHY CONTEST

 CUESTA
COLLEGE
Student Health Center

CAMPUS
WELL

Category A: Students





Beauty In Nature

What does wellness mean to me? And how do I stay afloat ?

Wellness to me means that my family and I are doing well like being healthy with no sickness but also getting along as a family. As long as my family is safe and healthy my family can survive because we don't need to have a lot of money or crazy items because as long as my family is doing well that's all that matters. I really love the outdoors so growing our own garden and raising livestock as hobbies create great bonding experience and teaches us about agriculture. Being involved with livestock and outdoors help me be active, learn varieties, breeds and nature which is really fascinating watching every stage of life. I chose this image because I enjoy to spend time outdoors and this image reminds me of the Beauty in nature which I see everyday through raising or growing my garden and livestock.



Savoring the Little Things - Golden Hour in SLO

Lately I've been dealing with a lot of burnout and sadness/depression - I frequently don't want to even get out of bed in the morning because of how stressed I feel. One way I cope is to embrace little moments of beauty, joy and freedom. The simple tiny joys of life can be impactful if we let them!



October Sunsets

This was taken when driving around in the evening. Sunsets make me feel calm and inspired, as many times I have used them as inspiration for paintings.



Red Velvet Nights

Travel excites me. This was captured during a recent venture to downtown Los Angeles. The serenity felt when eating a tasty cupcake amidst the warm city lights is truly one of a kind.



Restored by Wilderness

With studies and technology dominating my time, a weekend backpacking trip with friends restores me as I breathe deep of the nippy, fragrant, clear air of the mountains. While I can't trek to the wilds too frequently, time outside running and hiking keeps me positive and invigorated every day.



Together

the challenges in life seem so
small with someone by your side



The Three Amigos

The cat is a feral who ran inside while we sheltered at home. The dogs adopted him as one of their pack. If they can be accepting of a situation, so can I remain positive, particularly when I have the antics of these 3 to keep me amused daily.



Spring Lotus

The lotus photograph was inspired by one particular lotus tucked away in a secret location. I found myself visiting this lotus and taking pictures of it at different times of the day, seasons, and over a span of a few years. This photograph is the first in a series called the Spring Lotus and reveals hope and resilience that parallels similar qualities and traits within us the viewers.



"Where the Rainbow Ends"

This was inspired by my personal struggles with mental health and my feeling as though I would never get to the end of my rainbow. Nature throughout my journey has been a constant source of strength and wonder that I can always learn from



Take a Bow for Partnerships

During the pandemic, I learned we are not designed to function alone. We need each other. This partnership can come in all forms. For me, it is the bond and partnership I craft between me and my animals. We don't speak the same language, but we communicate nonetheless. I cherish the partnerships that I form and the trust that develops when we take the time to listen to each other.



Nomadic Soul. 06/04/21

“Why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colors. And the people there see you differently, too. Coming back to where you started is not the same as never leaving.”

— Terry Pratchett



A New Chapter

For most college students, its hard finding the right path to starting careers, independent lives and understanding where to go. This photo is of my wonderful sister who just got engaged and is starting her new chapter with confidence and joy. Even though 2020-2021 have been rough years for everyone, we have the opportunity to gain education and wonderful experiences that can lead us to new chapters in our lives.



"Neighbors In The Canyon"

I had spotted this Bobcat during an exam and felt a serene sense of connectedness with the land around me. It gave me a reminder to pause and enjoy every moment of the day.



Mountain Vista

Adventurous souls in the heart of the wilderness.

Helps me stay positive during challenging times



Waking up next to you.
Mornings with my best friend
peanut.



The Anxiety of the Storm

When all the pressure your feeling and the anxiety of a storm that's about to roll in threatening to take over



Vintage motivation.

The following people are who inspire me daily, keep my head above water, and most of all, love me for who I am.

This submission is a thank you to those pictured.



Point Mugu Surf –

During the summer of 2021 (after a new round of lockdowns due to the pandemic), I joined some surfers on an early day trip to Point Mugu and took this photograph. Outdoor activities like surfing have been a saving grace for many in spite of all the restrictions associated with COVID, and great year-round weather on the Central Coast has made us more fortunate than most in this regard.



What motivates you to be a better person every day?

Every single day we wake up we are blessed to be alive. Be able to make better choices. If we did something wrong or incorrect the previous day we can make that a lesson learn to do it differently or avoid. My I am a mother of two children I am twenty-five-years old I have gone through a lot and I have made my children my motivation to keep going and giving them my all. I am study nursing. I am aware that if I complete my pursing dreams my children will be able to see my past and do the same. I am the person I am today because of my children making me stronger and I wont stop until my children can see be a registered nurse.

How do you stay positive during challenging times?

Throughout, the years I have faced different circumstances while being in school. Just there's been times where I want to quit. With the help of God my family and have been standing here today. I am grateful for the people I have in my life. I live in Cambria and I love to go to Moonstone Beach drive. By going to the beach I feel like the Ocean takes me at peace.

What does wellness mean to you and how do you stay afloat?

The word wellness means to me that I will stay in good health when pursing my goal as a registered nurse. I stay afloat with continuing to a better student. So, I can be able to complete my dream goal.



stillness helps me stay afloat.



Overwhelmed



Category B:
Employees

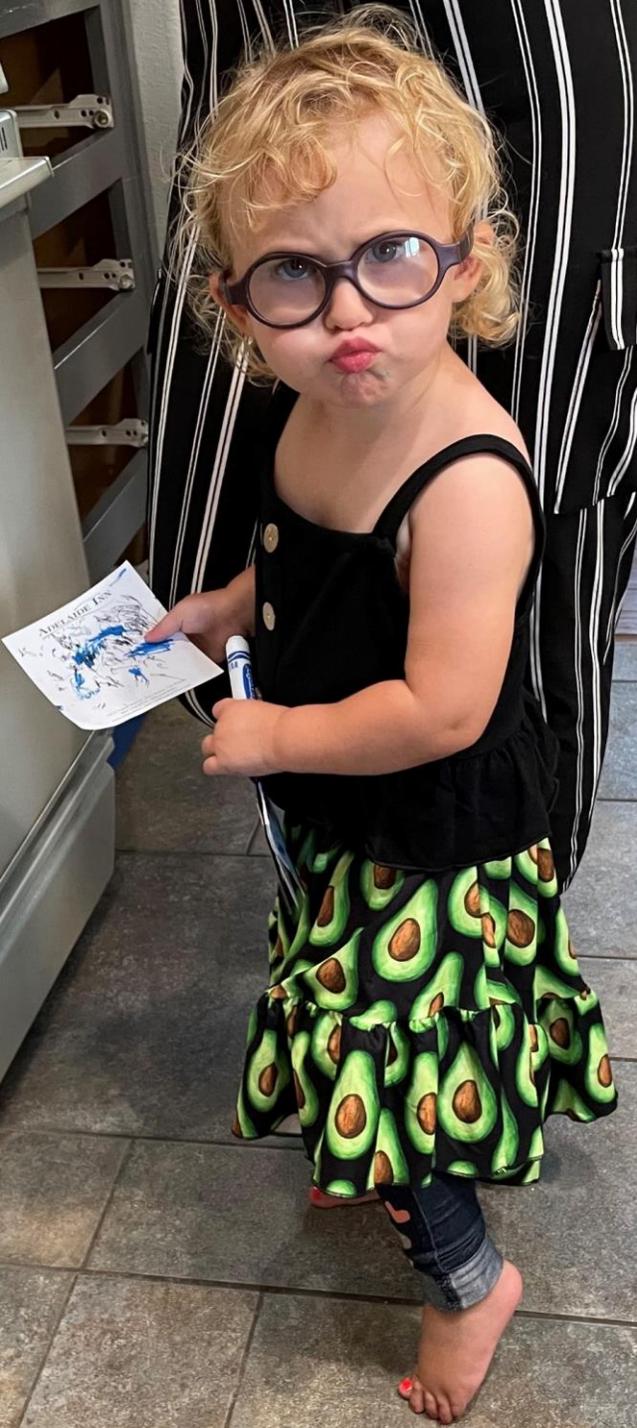


In order to keep my spirits up during this difficult time, I go out side and look up and around. I surround myself with nature. I am grateful that I get to live in a beautiful place with blue sky and I get to watch the clouds passing by me. I take a deep breath and relax my mind.



Carrizo Spring

“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature -- the assurance that dawn comes after night, and spring after winter.” — Rachel Carson, *Silent Spring*



Cadotide

My daughter loves avocados so I had to get her an avocado (cado) skirt. Her facial expressions and personality are what get me get through everyday. Her sense of worry free life makes me rethink the stresses in life.



Returning home to our pets after being away to visit family for the first time since the pandemic started



Say Cheese!

This is my daughter, Gabriella. She is 3 years old. Whenever I point my camera at her she says "Cheese!" and gives me this sparkling smile, every single time. She was especially happy on this day as we were at her favorite place, the beach! She loves the ocean. This smile brings me so much joy and it motivates me to be the best mom and best human that I can be. I'm so lucky to have her in my life.

P.S. That person in the background on the right, kind of blurred near the palm trees, is my husband, Christopher. He was watching us have fun getting our toes wet in the sand and I caught him in this shot!



"Change in Perspective"

Feeling stuck? Changing the way you look at a challenging situation can help you come up with different ideas to solve the problems you are facing. Having a hard day? Pick out one good thing that happened and focus on that to help boost your mood.



Loving and being loved.



Happy in the Sunshine ☀️

One way that I stay positive during challenging times is to go outside and run around with my puppies. No matter what kind of day I had they are always so happy to see me and they brighten my day every day.



"If you feed them, they will come"

My husband motivates me to be better on a daily basis. He embraces opportunities at every corner. On this specific day, he didn't want our daughter and her friends to miss out on a special Homecoming meal (due to cost and access), so he made a feast for them, of salmon with fresh pesto, pan seared asparagus, and parmesan risotto, served on fine china, by candlelight! He is creative in his recipes and brilliant in his presentation! And the best part...the smiles and happy stomachs who left our home, ready to dance the night away!