

Recognizing Burnout: Arts-Integrated Workshop

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Conveying Emotion through Photography

1. Color palette

- Bright and warm colors (reds, yellows, oranges) convey happiness, excitement, and energy
- Reds can also convey anger, danger, or passion
- Cool colors (greens, blues) convey tranquility, sadness
- Muted and neutral colors (browns) convey tranquility, peacefulness, calmness
- Dark colors (dark browns and blacks) can convey apprehension, fear, and mystery
- Whites convey peace, cleanliness, freshness

2. Perspective

- Photographing subject from underneath makes it seem larger than life, and makes viewer feel small in comparison. This technique can be used to convey feeling overwhelmed, insignificant, or trapped.
- Photographing from eye level looking down minimizes the size of the subject, making it appear more vulnerable.

3. Lines

- Vertical lines have a stabilizing effect on an image – think power, strength
- Horizontal lines create a feeling of peacefulness, calmness
- Diagonal lines are most dynamic, creating a sense of movement and energy (or chaos)

4. Subject placement

- Centered composition evokes stability, symmetry, calmness
- Eccentric subject placement disrupts the balance of the frame, creating tension (positive or negative). This can convey feelings of anxiety.
- Use negative space to change the perception of the subject's size, conveying isolation, helplessness, hopelessness, withdraw, and detachment.

5. Visual metaphor

- Roads and pathways can convey a journey. Straight and curved paths can have different meanings, as can roads clogged with traffic.
- Climbing or stairs can represent progress