



OCTOBER 2021 PHOTOGRAPHIC COMPETITION

Safety

EVERGREEN LIFESTYLE PHOTOGRAPHIC COMPETITION OCTOBER 2021

SAFETY

One **emotion** we often feel without consciously knowing it is the feeling of **safety**. Feeling **safe** is not something we discuss often. For example, when a friend asks “How are you?” we rarely respond by telling them we feel **safe**. Yet if you think about it, most of us can say that we feel **safe** on a fairly regular basis.

Being **safe** leads to:

Reduced stress and fear. Longer, healthier **life**. Decreased risk of injury and sickness. Making others safer.

Keeping Safe with a camera – see link below for some tips to follow

<https://www.lifewire.com/keeping-safe-with-a-camera-493774>

THIS MONTH'S THEME IS SAFETY

The two most important rules are that it must be your own photos, and you can only submit one photograph per month. Please submit entries by latest midnight on the 31st of October 2021. With every entry, please *include your name, village, and a caption*.

Please send your entries to photos@evergreenlifestyle.co.za

Winners will be announced in December 2021.

Happy snapping!

The Evergreen team