

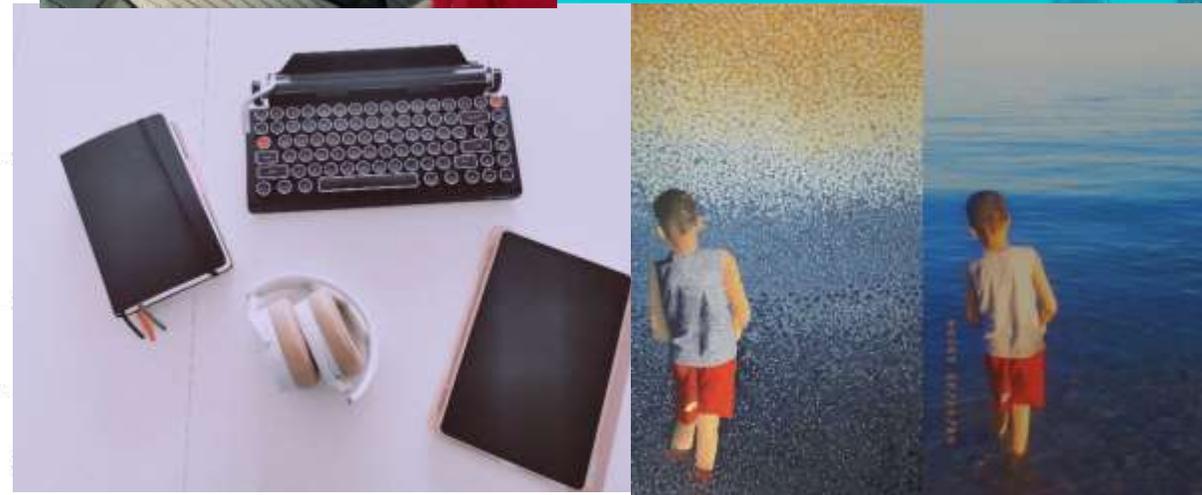
I thrive when...

You are cordially invited to the online version of the **PhotoVoice Exhibit** entitled: "*I thrive when...*"

This is a Community Engaged Learning and Teaching (CELT) initiative with Dr. David Day's undergraduate Advanced Seminar in Social Psychology (PSY 918) and students in the course, Learning and Development Strategies: Thriving in Action (SSH102), taught by Dr. Diana Brecher and Dr. Deena Shaffer.

Dates available: **Friday, April 1, 2022 to Monday, April 4, 2022**

Location: **Online** – The posters will be available for your enjoyment on the Faculty of Arts CELT website (<https://www.ryerson.ca/arts/faculty-and-staff/celt/>). If you would like to share your thoughts or comments with the students, please send them to Dr. David Day at dday@ryerson.ca, Dr. Reena Tandon at reena.tandon@ryerson.ca and Dr. Diana Brecher at dbrecher@ryerson.ca and we will forward them to the students.

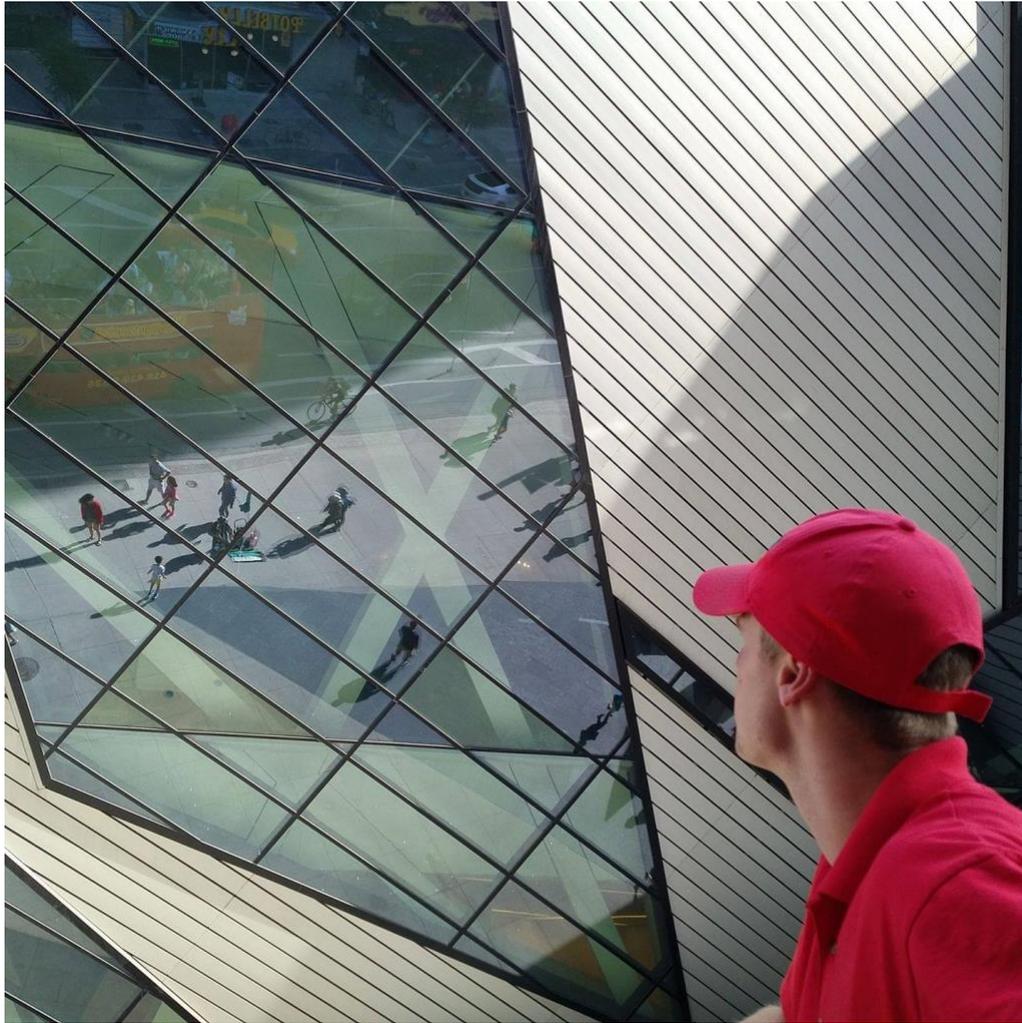




“Culture Shock”

Christopher Cardenas-Avila

This is a photo of the sky at dusk that I took while on vacation in Fredericton, New Brunswick. This photo for me represents the hard work and dedication it took to get there. Taken in Osaka, Japan, this photo captured a street unlike any I had ever seen in person before. I had always dreamed of traveling somewhere far, and never went on many vacations growing up; I remember saving up all my paychecks and putting some money away little by little. Japan always seemed out of reach due to flight costs and other necessary travel expenses; I wasn't saving up for any country in particular. It was when the flight price to Japan dropped, and I took a leap of faith and decided to go there. Years later I feel so lucky I got to experience Japan pre-covid times. I thrive in situations when my dreams become reality.



“Flow in Reflection” Adrian Colbert

In the summer of 2019, I worked as a tour guide flying through the city on top of a double-decker bus. For the four months I worked, the tour bus followed the same route and stopped at the same stops. But for me, each tour was unique. I noticed how the tour I delivered could flow in time with the traffic and I paid close attention to every changing detail of the city as we drove by. That summer, I thrived because I was truly in the moment. It’s something that I’ve lost a bit in the pandemic as I can feel my attention ever scattered. Yet when I am locked in deep conversation with a friend, I can feel that summer slowly come back.



“Synchronicity” Alex Combot

Some of us might feel we have one true purpose; others believe we’re just along for the ride. There are a few who might fall somewhere in between, straddling the line between destiny and choice. Regardless of what we believe it means to exist, we all have an inner compass guiding our way. It is subtle but essential, silent but deafening – it is our intuition. For me, to notice what I’m noticing: that is intuition. To listen closely to the settling of my soul in my body: that is intuition. Whatever it means to be moving in the “right” direction, I know my intuition will tap into those forces to take me there. When my guide and the universe align, that’s when I thrive.



“I Got You” Janay Ferguson

This is a photo of two hands clasping each other. This demonstrates I thrive when I feel supported. To me, support means acceptance, encouragement, and validation; feeling safe in spaces that allow me to be heard. Allowing my thoughts, feelings, and opinions to be heard is important for me to thrive because it allows me to feel safe enough to be human and make mistakes, while also being in an environment that allows me to succeed. Growing up as a black woman, this has not always been my experience, as we are often silenced. Feeling supported gives me the confidence to allow me to be my most true and authentic self, which is the key to learning, growing, and thriving into the best person I can be.



“Weightless” Sierra Gouveia

When the sunshine warms my skin, and the fresh summer air fills my lungs, I feel weightless and free. I’m free to express myself and do what makes me happy. I’m free to explore outside and watch the sunset each night. I’m free to spend time with my loved ones and live in each beautiful moment. I breathe in new experiences and breathe out what’s holding me back. With each passing summer day, I grow more and more into myself. I feel weightless and free, not because I’m running away from my responsibilities, but because I’m running towards what is right for me. And that’s when I thrive the most, when I’m free to learn, grow, and make unforgettable memories.



“Spectrum” Trishelle Harris

I feel my best and thrive whenever I listen to music, so I decided to use a picture of some of my favorite albums and my CD player. Music has always been an important part of my life and daily routine. I love listening to music throughout the day and when I’m completing various tasks such as working out, cleaning and cooking. Music allows me to thrive because it helps me to relax, focus, and feel happy no matter what genre I listen to. During the early days of the pandemic, I gained a new appreciation for music because it helped me to escape the difficult times and helped me discover new artists to listen to.



“On Melancholy Hill” Shekainah Loise Hendive

I thrive best when I am alone. To me, there is a difference between being alone and being lonely. I love being around other people, but I find that I enjoy my own company the most. I’m an only child so being alone is not foreign to me, but instead became something that grounds me in such a loud, busy world. I am at my best when I’m able to think clearly without any outside noise or influence. I don’t have to feel like I need to perform or act a certain way for anyone; I can be my complete self. I came to the realization that I’m the person whom I spend and will spend the most time with, and I eventually learned to find solace in knowing that. Others may find it saddening, but I think I’ve learned to live with the melancholy that comes with being alone and in result, I found comfort in it.



“Natural Element”

Julianne Kazdan

I thrive when I am in nature. Being surrounded by earth’s elements and breathing fresh air always allows me to feel grounded, and in the moment. It allows me to take time away from the busyness of everyday life and appreciate the little things that the universe has to offer. This photo was taken on a road trip with someone I love when we pulled over to run in this field. I felt so free, happy, and aligned with myself. Being in a natural element provides a space where I can feel more connected to my loved ones, myself, and other living things. I thrive when I feel whole, free, happy, and connected to my surroundings, and that definitely happens when I am outside, enjoying nature.



“Authentic” Emily Martins

I thrive when I am surrounded by people who inspire me to be myself. This is a photo that I took of one of my best friends who recently cut most of her hair off. Growing up, I was always very masculine presenting, and it wasn't until I came to Ryerson when I met people who are similar to me. Surrounding myself with others who live authentically and work hard to achieve their goals helps me thrive and inspires me to also live my life as authentically as I can, and work hard to succeed. I thrive in all areas of my life when I feel supported by the ones I love.



“My Element”

Tiya Misir

This is a photo of when I was playing basketball in Brooklyn, New York. I selected this photo because getting to this point meant a lot to me. I had to work several hours a day which included a lot of blood, sweat and tears. Ever since I started playing basketball, I had dreams of playing Division one in the NCAA as well as living in New York. I was able to live out both dreams. This photo being in black and white gives a “calm before the storm” vibe, implying that I am calm before I play, but when I do get on the court, all of my passion and energy comes out. Therefore, I thrive in my element because I have so much love for this game.



“Best Sweater” Julia Nalywaiko

The photo I have chosen for the Photovoice project “I Thrive” was taken in May of 2021 when I had just moved to Jasper, Alberta. My roommate, Jessica, and I would drive down to Pyramid Lake every night after work with a Hawaiian pizza, blankets, and a speaker. We would stay up all night eating pizza, listening to music, talking, swimming, and dancing until the sun came up and we had to go back to work. I have never slept so little in my life. It was amazing to be by the lake every day and to be away from Toronto. After over a year spent pent up in my tiny room on the Danforth, doing online school during the pandemic, I escaped the city life. In almost every photo taken from my time in Jasper, I happened to be wearing this sweater and smiling hard.



“Giving Back” Alexandra Nash

These last two winters, I’ve been walking a lot. When I first thought about thriving, I pictured myself walking along the lakeshore near my apartment — but when I headed down to take a picture, all I could think about was how warm my boots were despite the bitter cold that day. In that moment, I realized I thrive when I take the time and energy to appreciate how much good there is in my life and do some good in return. In this photo, that means cleaning and conditioning my boots, to thank them for their service and help them last another winter. It can also mean putting aside my studies to spend time with friends, making the trip to have dinner with my family, or gluing my favorite fridge magnet back together after a tragic accident. But whatever the form it takes, I thrive when I’m giving back.



“Transform”

Malaika Oguntuase

This is a photo I took of a lion in Nairobi, Kenya on a summer vacation to visit my family. I thrive when I experience personal growth. In terms of hierarchy within the feline species, lions are among the top of the pyramid. Lions are strong, prideful, and courageous, they do not look to others for self-assurance. It took some time, but I finally feel myself growing into the person I was meant to be. When I feel myself becoming confident in my skin, I feel myself thriving. I become a braver woman and I strive to reach goals I once considered impossible. The sensation of invincibility against whatever life throws at me makes me feel like I am on top of the world, like a lion, I am thriving.



“Cleanse”

Melanie Parasram

There is this pervasive belief that if you're not working, you're wasting time. But how, then, do we make space for self-care without feeling guilty? I've come to the realization that not only is it okay to engage in self-care, but it is also necessary to do so. Personally, self-care is skincare. I always make sure to complete my skincare routine twice a day, nourishing not only my skin but my mind and soul as well. During these times, I am able to be wholly present in the moment, meditating or decompressing without worrying about the past or future. For me, to thrive is to appreciate the value of simply existing within these peaceful and quiet moments in life.



“Nirvana” Anonymous

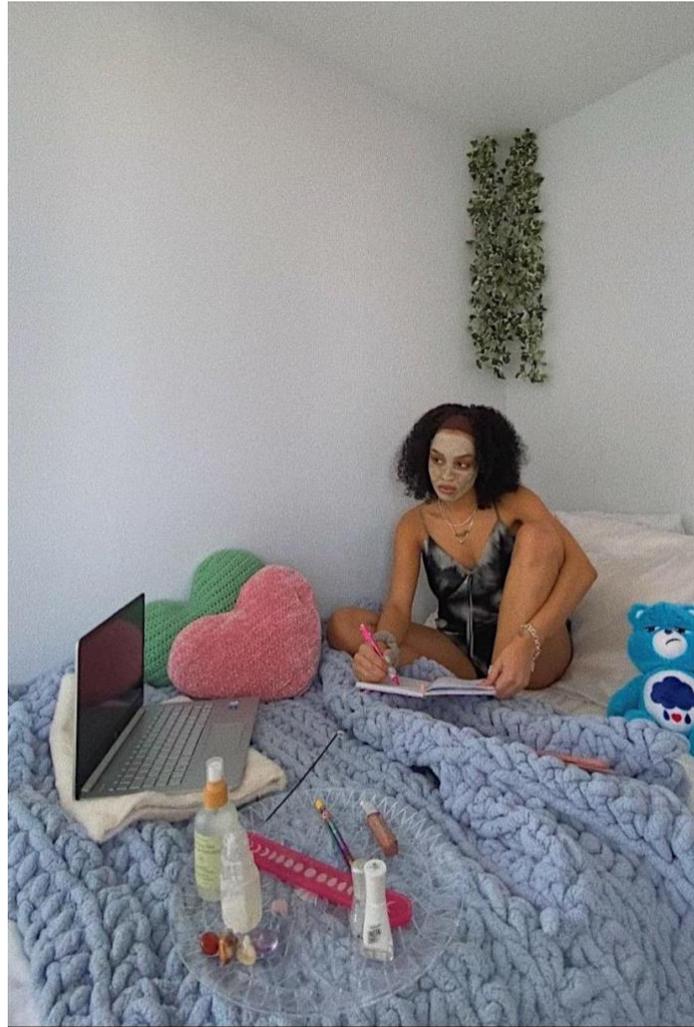
When I am dancing with my friends, I am in a state which there is neither suffering nor desire. A state of Nirvana. I am present in the moment; I feel safe and deeply connected to those around me. I feel no fear of judgement for being my authentic self. I thrive when I am loved, understood, and content in my current situation. This photo of my friends and I dancing encapsulates all those emotions in one moment in time. This photo represents a safe space for me, a space where I am reminded of who I am.



“Domain Expansion”

Kaku Tumi

The stage is my domain. Before the performance begins, I pay attention to the warmth of lights coupled with the calming hum of the speakers as they wait in anticipation. Once the music starts to flow, I lose myself in its current forgetting the crowd and feeling only the nuanced changes in beat and melody. In these moments I feel free of every inhibition and in control of each action. This is where I feel alive.



“Me, Myself, and I” Malea Yarde

This is a photo of how I like to spend my days off. I took this photo in response to the Photo-Voice topic "I Thrive When..." because I thrive when I am not bound to the restrictions of a busy schedule, school responsibilities, etc. Thriving can mean a lot of things, though to me it is synonymous with recharging my battery so I can then continue to flourish. When I am alone in my own space, operating on my own time, I thrive. This looks like doing a facemask, burning some incense, journaling, eating my favourite foods. It is very important for me to set aside time for personal care during my week to make sure I am taking care of myself and my well-being in general.