

Sam Tench's husband Giang and daughters Georgie and Hannah (pictured) gave her a camera for Mother's Day and it changed her life.  
Photo: Ginger + Mint

website called The Picture Healer, sharing her struggles along with her photos in the hope of helping others.

Having found her voice and an inner confidence she had never known, Sam decided on New Year's Eve as she was about to welcome in 2020 that she wanted to publish a book, to share not just her pictures, but her thoughts and views on the world.

Covid hit not long after, changing the content of the book considerably. But it also gave her book, *Resilience – A Year in Pictures*, a new purpose, becoming an account of Geelong and its people living through the pandemic.

"Covid was nearly a significant stumbling block because all of a sudden I was stuck at home again, because previously I was outside every day taking photos and it had made such a difference for me. So I had to learn a whole new way of taking photos indoors," she says.

"But one of my doctors said to me, 'The one thing you've got to do is take time out and use your camera' and I was given a letter stating it was essential I could go out and take photos for my own mental wellbeing because it was helping push me forward and heal. So I found my way through it and took all sorts of strange photos."

Holding her book in her hands, Sam says it was a profound achievement for herself and an example to her girls that you can do anything you put your mind to.

"For anyone going through something similar, I hope they realise they're not alone and that we've all had our struggles," Sam says.

"I've tried to share with people that if you're like me, it's not just going to a doctor or inpatient treatment, it's about finding something you can love and lose yourself in. I've never had that before until I had my camera."

Following on from *Resilience*, Sam is now working on her second book, which she plans to focus on real-life experiences and locals with a story.

"I know first hand that writing and sharing are highly therapeutic and can help in personal healing," Sam says. "And sharing these stories might help someone else who is struggling in silence."

"For me, what I've come out with at the end of all this really has nothing to do with the food and everything to do with discovering life and a world I'd yet to have ever really noticed."

If you're interested in being a part of Sam's next book, contact her at [pichealer@outlook.com](mailto:pichealer@outlook.com). To purchase a copy of *Resilience* go to [thepicturehealer.com](http://thepicturehealer.com) or follow Sam on Instagram @pichealer.

