

How to Overcome Burnout in Photography

What's poppin people? It's Dante.

Today I want to talk about **burnout in photography** — what it really is, why it happens, and how I've personally made burnout almost impossible in my own practice.

Burnout Isn't Creative — It's Embodied

I don't believe burnout in photography is creative. Photography is physical. When you look at the foundation of the medium, it requires you to be in **embodied reality** — walking, moving, seeing, observing, going on long hikes through the world.

Photography asks you to make the effort to be out there.

When photography starts to feel like work, when it feels like a chore, that's burnout. And that's what leads to stagnation.

Our goal isn't productivity. Our goal is **perpetual motivation and creation**.

Fatigue of the Body, Fatigue of the Mind

Burnout starts in the body.

There's **physical fatigue** — weak legs, sore feet, sluggish movement. If your body lacks vitality, how are you going to cultivate curiosity?

And there's **mental fatigue** — decision fatigue.

Should I go left or right?

Which lens should I use?

Which camera?
What should I shoot?

All of this thinking leads to stagnation.

Remove the Burden

My solution has always been to **strip everything down**.

I use a compact digital camera with a fixed focal length. I shoot baked-in black and white JPEGs. No lens decisions. No processing. No workflow friction.

Photography becomes integrated into daily life without getting in the way.

When photography becomes labor, burnout is inevitable.

No Checklists. No Hunting.

As a street photographer, I don't go out with preconceived ideas. I don't hunt for shots. I don't use themes or checklists.

That kills the joy.

I simply follow curiosity.

Photography should never interfere with life — it should move *with* life.

Embodied Confidence Shapes Your Photos

Photography requires vitality.

Strengthen your legs.
Strengthen your feet.
Strengthen your spine.

The way you carry yourself physically influences the photographs you make.

If you walk hunched over, shy, and withdrawn, you won't make frames.
If you walk with confidence — head up, shoulders back, moving with presence —
your photography improves naturally.

Decision Fatigue Is the Enemy

Too much gear creates too many decisions.

The more choices you make, the less you move.
The less you move, the less you photograph.

Once you stop thinking, you start moving.
Once you start moving, photography happens.

Photography Is Play

Photography should feel **playful**.

When you're attached to outcomes, pressure enters the practice. When you detach
from results and accept that there's no such thing as a bad photo, everything
becomes effortless.

I believe deeply in the subjectivity of photography.

The Visual Diary Approach

I photograph for myself.

Ask yourself:

If you photographed for the rest of your life and no one ever saw your work — would you still do it?

That's how I shoot.

I document my everyday life. I carry the camera. I live. I photograph what I find.

Flow emerges naturally.

Curiosity Over Productivity

Don't chase productivity for its own sake.

The goal isn't to make something great — the goal is to **wake up eager for the day**.

Photography isn't about photography.
It's about how you engage with life.

When you wake up with vitality, curiosity becomes inevitable.

Photography as Life Affirmation

I treat photography as gratitude.

Every click is me saying yes to life.

My mantra is simple:

My next photo is my best photo.

I'm not looking for great photos. I affirm the next one.

That mindset makes burnout impossible.

Health First, Everything Else Follows

Sleep well.

Eat well.

Lift heavy things.

Strengthen your body.

When your physiology is aligned, curiosity is inevitable. Flow follows. Photography follows.

Return to Day One

Every morning, I return to day one.

Blank slate. Beginner's mind.

Each day is new. Each photo could be my last.

That mindset creates infinite possibility.

Photograph the Same Place

One practical suggestion: find a place close to home and walk it every day.

I walk the same mundane lane daily.

The challenge isn't the location — it's whether you can elevate the mundane and find something in nothing.

Remove decisions. Just photograph.

Final Thoughts on Burnout

Burnout isn't about creativity.

It isn't about projects.

It isn't about photography.

It's about **vitality**.

When you wake up eager, energized, and embodied — photography becomes inevitable.

It feels like play. It feels like joy. It feels light.

Hopefully something here helps you on your journey.

Thanks for watching.

I'll see you in the next one.

Peace.