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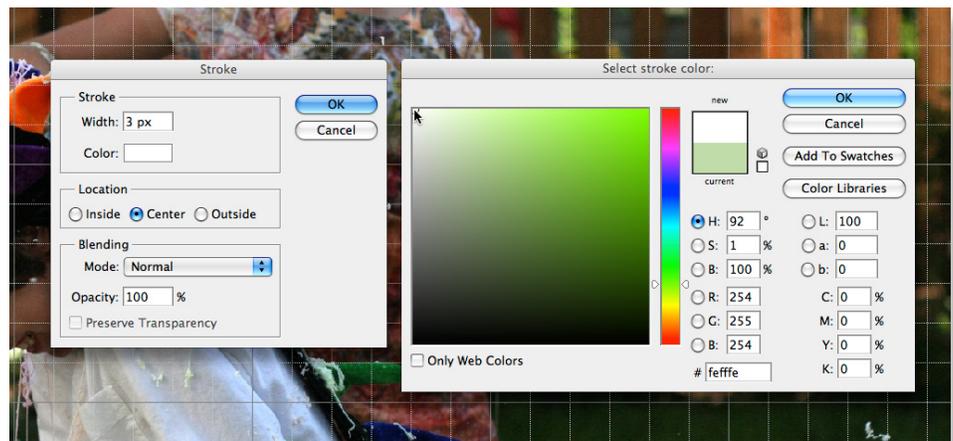
Creating frame & text overlays in Photoshop

① Open your target photo. Mine is 6 x 4, 300 pixels/inch. To check your photo size, go to **Image** > **Image Size**. Start with 6 x 4 (or 4 x 6) photo to follow along.

② Add a new layer (**File** > **New** > **Layer**) and name it "**OUTLINE**". Click "**OK**".

③ Turn on the Photoshop Grid (**View** > **Show** > **Grid**) You can use **Ctrl + '** or **Cmd + '** to turn the Grid on and off. This is a non-printing grid. You'll want to change the increments of the grid. Go to **Photoshop** > **Preferences** > **Guides, Grid & Slices**. Here, next to **Gridline every:** type in "**1**" inch. In the **Subdivisions** field, type "**6**".

④ To draw the overlay box, select the **Rectangular Marquee** tool. Click on the first intersecting gridline, hold down and drag to the opposing intersecting grid line, and release. You should have "marching ants" which indicate an active selection area.

⑤ Next, add the overlay rule (line). With the "marching ants" still active, go to **Edit** > **Stroke**. In the Width field, type in "**2 px**" or "**3 px**". (Higher numbers will give you a thicker line.) Click once directly onto the **Color** box and select white by placing your cursor in the uppermost left corner. Click "**OK**".

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6 Deselect (**Ctrl + D**, or **Cmd + D**) and turn off your Grid (**Ctrl + '**, or **Cmd + '**) and voila, your white overlay outline appears.

7 Next, add text to your overlay. Select the **Horizontal Type Tool**, and click once anywhere in the window. This will create a new text layer.

8 Type the word "life" and then, still using the **Horizontal Type Tool**, highlight it by hitting **Ctrl + A**, or **Cmd + A**, (or double click on it to select.) Then, go up to the **Set Font Family** field to choose your font and font size.

If the font color is not already set to white, to change the font color, highlight the word and click on the **Set Foreground Color** box in the tool bar. It will bring up the picker, and again, as you did for the stroke color, choose white.

8 Repeat Step 7 and 8 to add the line "A DAY IN THE". You'll need to size it down accordingly and move it to line up with the word "life."

REMEMBER: Photoshop will retain the last formatting you used on the word "life" so you'll have to type in a much smaller number for the type size (try 22 to start) and a different font. I'm using Avenir, but Helvetica or Arial would be a comparable choice.

If you have any descender letterforms like I did on the word "life"—the letter "f" that dips below the baseline—you can erase the overlapping section of the box so it looks like the letter is part of the frame. Click on the **OUTLINE** layer, zoom in tight on the letterform, then use the **Lasso Tool** to make a quick outline of the portion of the line you want to delete. Once selected, simply delete.

tip

To quickly space out a line of type, highlight your text, then hold down the **Option** or **Alt** key, and press the right or left arrows on your keyboard. You can expand or decrease the space between the letters quickly for a cool look.

tip

Save this file as a .psd file and give it a name like "OVERLAY TEMPLATE" so you can use it again and again on different images.

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