

DAY 17: WELLNESS

Greenest

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School: Jericho High School

COLLAGE: SELFCARE SANCTUARY



Candles

Promote a healing environment



Plants

Purify the air, provide some flowers and greenery

Fairy Lights

Contributes to the overall feel, some warmth and ambiance



Comfy Chair

Comfortable, cozy and relaxing!



Photo wall

Good imagery, uplifting quotes and happy memories



Meditation

Deep breathing, mindfulness, taking a step back

Tea

Health benefits, refreshing and cozy!



Diffuser

Soothing and relaxing, amazing smell and essential oils



Run

A run to clear the mind and release stress

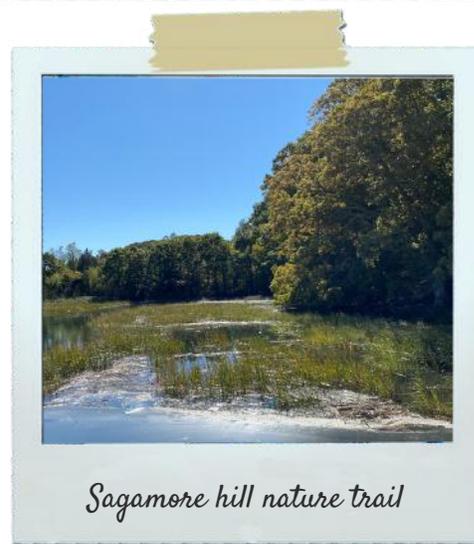
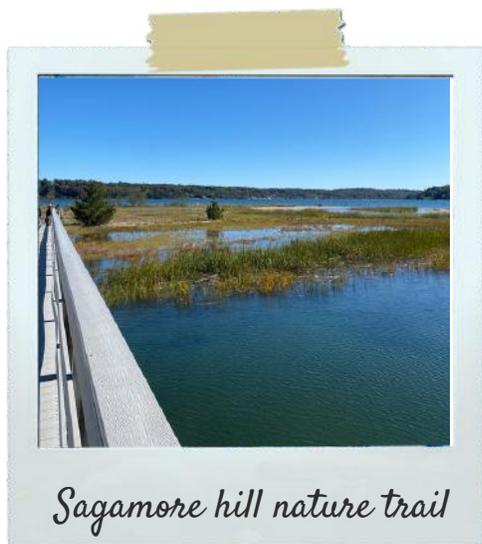
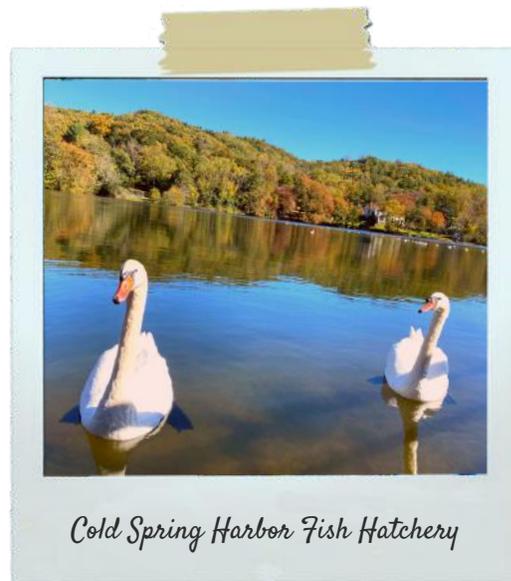
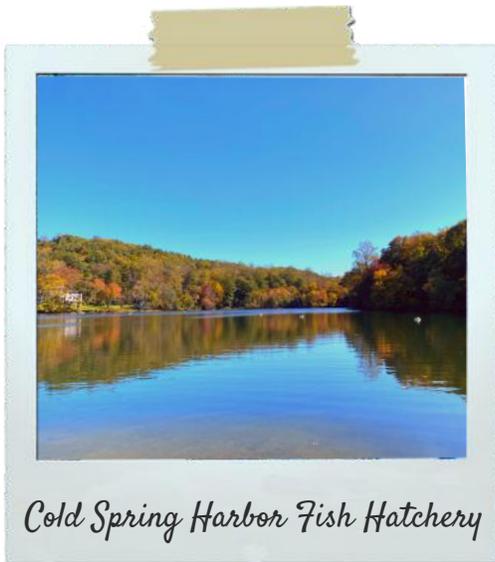
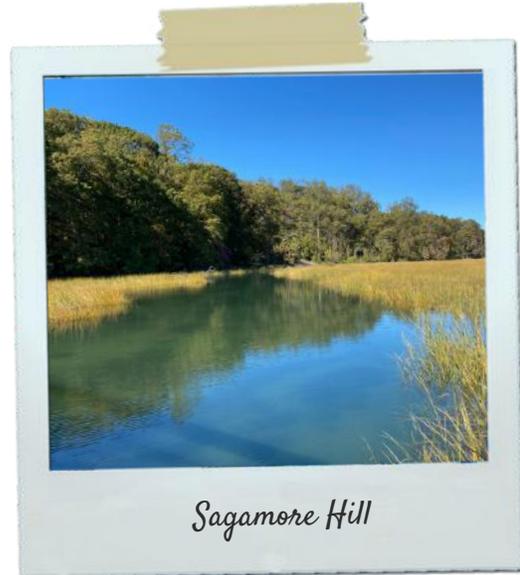


Crafting

Some origami, lets creativity flow!

A MINDFUL DAY

We started the day off with a nice hike to the beach and a serene meditation by the lake. A quick jog through the woods took our minds off the stress of normal daily life. Taking a break from the chaos and workload of the week was a welcome change, and stepping into nature was a great way to relax!



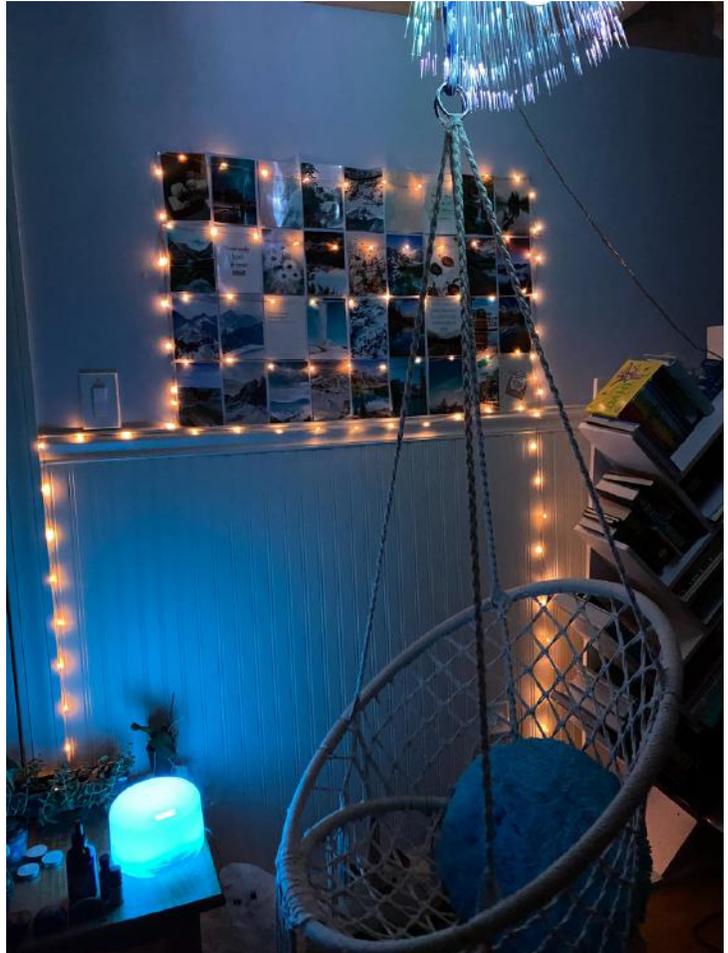
SELFCARE SANCTUARY

The Space

After laying out our ideas for this cozy space, we put it together into this welcoming little corner! With a photo wall, hanging chair, soft color changing lights, and an essential oil diffuser, this space is perfect for some mindful time and meditation.

The Table

- House plants (Succulents)
- Candles
- Music Box
- Painted Rocks
- Essential Oil Diffuser
- Origami Paper
- Da Hong Pao Tea



The Wall

Photos from our travels and quotes to brighten the day, framed in light!



REFLECTION

How did it feel creating a sanctuary?

It felt amazing! Taking the time to stop and focus on doing something for ourselves was new and refreshing. With photos from travels across the globe, beautiful lights, plants, essential oil diffusers and more, it felt so good and relaxing to spend time in this space. The scent of lavender wafts from the little diffuser, and the changing lights bring my attention to the present moment. The gentle swaying of the chair is soothing, and we'd defiantly spend time here again!

How do we plan on using it?

From now on, this little corner will be a safe space for relaxation and mindfulness. To focus on ourselves for some time and to reflect. Having this space now is great, and it'll definitely be seeing a lot of use! From just a normal part of the room to now a beautiful and cozy space, it's an amazing transformation that we're very glad we made the effort to do!

VIDEO



<https://www.youtube.com/watch?v=Aa1BFKl47Bc>

INSTAGRAM

