

Greenest: Lea Kyle, Matthew Taboni and Andy Whitehead, posting on @ubgreenteam on instagram from the University at Buffalo. Our Project Green Challenge username is bwhitehe.

We included a few things in our sanctuary: my house plants, warm tea, lotion, candle, a speaker for music, my favorite fall snack from trader joes, blankets, pillows, and a picture of my dog that my partner drew for me. All of these items are things that I enjoy and use to destress on a regular basis. We put pillows and blankets in a corner and sectioned the room off with a blanket in order to give a different feel to a room that is not usually a place I destress. Simply moving a bit of furniture around made it seem like a whole new space. My dog was also curious about the space and kept sticking his head in and trying to sit in my lap. It was a lot of fun to move things around and think about what I wanted in my sanctuary.

Thinking about the Project Green Challenge so far as we are around the half-way mark, it has been stressful at times to manage school, work, and other responsibilities on top of this challenge. However, myself and the rest of my team have learned so much through this experience. We are able to take the articles and videos we have watched and share them with our colleges in our Office of Sustainability. We have been more purposeful about the impact we have on our earth, the waste that we produce and ways to promote sustainability to ourselves and others.

While, it is sometimes difficult to take a breath when it feels there are too many responsibilities in the day-to-day, taking time to take a break and be mindful about the things we do is important. We can reflect on our reasons why, and the impact we have on others. Today, I was able to thank someone and express my gratitude to have them in my life. I was able to think about things that will help me de-stress and force me to think about my own experience in this challenge. I hope to give myself more time to reflect and take a breath. I need to be more appreciative of the people in my life, and the environment around me.

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