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Creating this space made me feel significantly calmer. My mood instantly changed! ❤️ @natracare @turninggreenorg #PGC2022

turninggreenorg Couldn't have said it better! This is great!

2h · 1 like · Reply

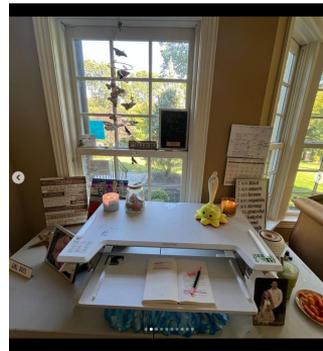
Isatarasenok21 Wow can I jump into that phot and chllax!!!

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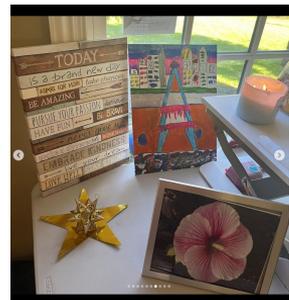
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# Significant Figures

rachel\_lee

## Jericho Senior High School



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**My self-care sanctuary is in the center of my home or the heart of my home. There is natural beautiful light that shines in through the window right in front of it, and I have a beautiful view of the autumn leaves.**

**Crystals:** These four crystals are on the corners of my sanctuary, and they are made to provide protection and love for the owner of them. They surround me when I sit at my sanctuary, so I feel loved and protected.

**Gratitude Jar:** Everyday, I put a note in my gratitude jar about one thing I am thankful for in my life. When I place the note in the jar, I have a burst of serotonin, so I thought to put it in a place where I will be calm and at peace.

**Candles:** Candles are a form of happiness for me, whether they are lit at night, in the morning, or in the afternoon. These candles happen to smell like autumn, and that is my favorite scent that puts me at ease. Whenever I feel stressed, I watch the flame flicker on the wick for a few minutes.

**Diffuser:** My diffuser was a necessity for my self-care sanctuary because I use the essential oil of Lavender, and just that scent alone makes me want to meditate for hours or take a calm, quiet nap.

**Inspirational Quotes:** The inspirational quotes were placed in my sanctuary to help me remember the core values of myself. Constantly, when life gets busy, I start to lose touch with myself. A quote that reminds me that I am kind, smart, and enough, makes my heart filled with joy.

**Photographs:** I included two photographs in my self-care sanctuary, and I took one of them and the other is of my brother and I as children. First, the photo I took was of a beautiful pink flower, and everytime I see it, I feel reminded to just stop and smell the flowers. It helps my mind calm down when it starts to race. Then, the other photo is of my brother and I during Christmas, and it helps me reminisce about my childhood and to not miss my brother, since he is at college.

**Book:** This item was not even a question for me to add to my sanctuary because reading is a form of therapy for me. It helps me escape from the harsh, busy world, into a world of fantasy and interest.

**Octopus Plushie:** My octopus plushie is reversible, and it can be happy or sad. When I am in a good mood, it will be on the happy side. When I am in a bad mood, it will be on the sad side.

**Butterfly Canopy:** The butterfly canopy is on top of my sanctuary because when the sun starts shining through the window, the crystals on the canopy reflect it onto the sanctuary. To me, it's Mother Nature's way of saying hello.

**Awards:** My awards are not in my sanctuary so I could brag. Instead, they are there to remind me that I can do hard things, and I am fully capable of doing anything I put my mind to.

## Reflection

In one word, I would describe the creation of my self-care sanctuary to be therapeutic. Taking time out of my day to create personal space where I could care for myself is nothing I have ever done before. Usually, I am either helping other people or doing tasks that are done to please other people. Today, I was able to sit back, play some music, and put everything that makes me happy into one place. I feel recharged, energized, and overall just happier. Aside from the creation of the sanctuary, I need to consider the sustainability of it. Moving forward, I will use this space as a place to meditate, read, watch Netflix, hold my bunny, and unwind. My mental health will dramatically improve if I take some time for myself everyday in this space I created. It could be for five minutes or two hours, as long as I dedicate to it every single day.

## Haiku

**Mindfulness, it's swell  
For peace, well-being, and health  
It's imperative**

**It isn't too hard  
Consider the human mind  
Not just the body**

**Your actions provide  
Prosperity, self-love, health  
Be mindful always**

**Through meditation  
Try to consider the brain  
She works hard for you**

**Be kind to yourself  
Take time for yourself and being  
Worry is for fools**