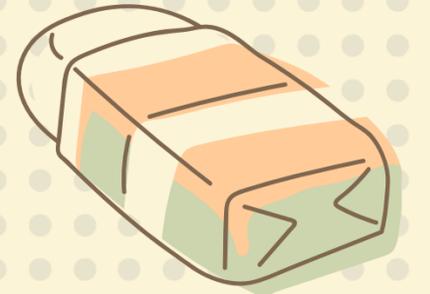
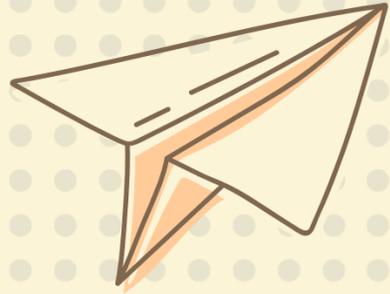


WELLNESS: PROJECT GREEN CHALLENGE

@jericho_green_girlss



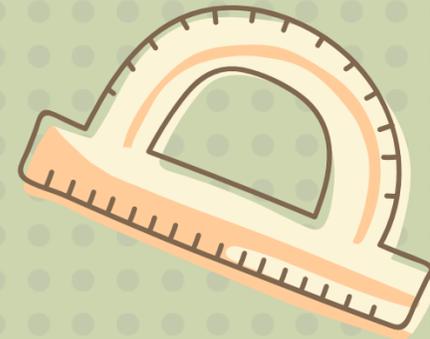


SELF CARE SANCTUARY

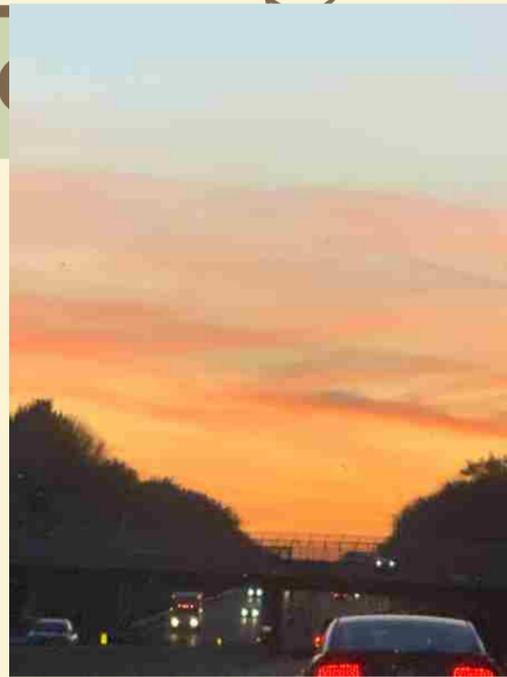


MY MEDITATION SANCTUARY:

WHILE MOST PEOPLE ENVISION THEIR "SANCTUARY" TO BE A PHYSICAL PLACE DESIGNATED FOR MEDITATION, MINE IS MORE ABOUT PEOPLE AND NATURE. THOUGH IT'S UNCONVENTIONAL, MY MEDITATION AREA IS WHEREVER MY FAMILY AND FRIENDS ARE, AS WELL AS NATURE. BOTH THE PEOPLE AND THE ENVIRONMENT HELP ME BE AT PEACE IN A WAY THAT NO DESIGNATED AREA WOULD EVER SUFFICE. THEY MAKE ME FEEL MOST COMFORTABLE, CONFIDENT, ACCEPTED, BLISSFUL, AND JOYOUS. SO MY PERFECT SANCTUARY WOULD BE GOING ON A NATURE TRAIL OR WATCHING THE SUNSET WITH MY FAMILY AND CLOSEST FRIENDS.



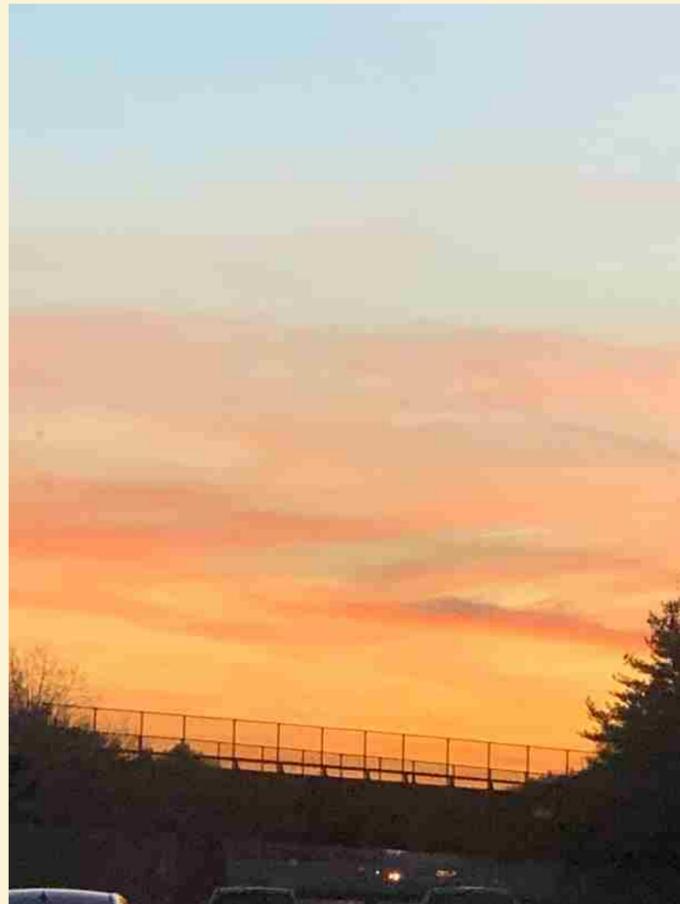
MORE PHOTOS OF MY "SANCTUARY"



REFLECTIONS



Today I went with friends and family to watch the sunset and take a walk along nature. It was the most peaceful and joyous part of my week by far. ALL of my stress that had piled up from this week vanished as I absorbed my surroundings and interacted with those who mean the world to me. We shared our thoughts and allowed ourselves to vent in order to release any negative feelings we had and practiced meditation in periods of quiet time. At the end of the nature walk, I sat and read a book in pure silence and took some deep breaths. Along the way, we all ate organic snacks and meals out of reusable tupperware jars and containers. This was an amazing experience and I would absolutely love to continue doing it again!





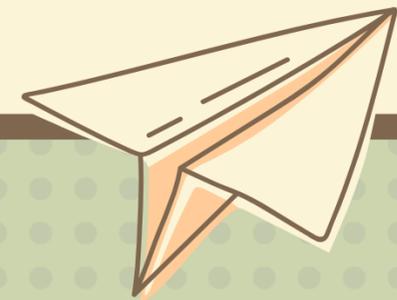
AT HOME SANCTUARY

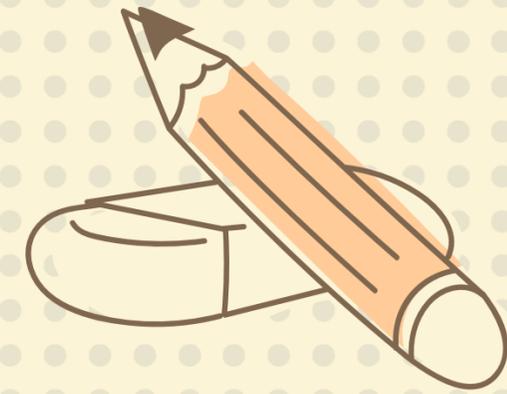
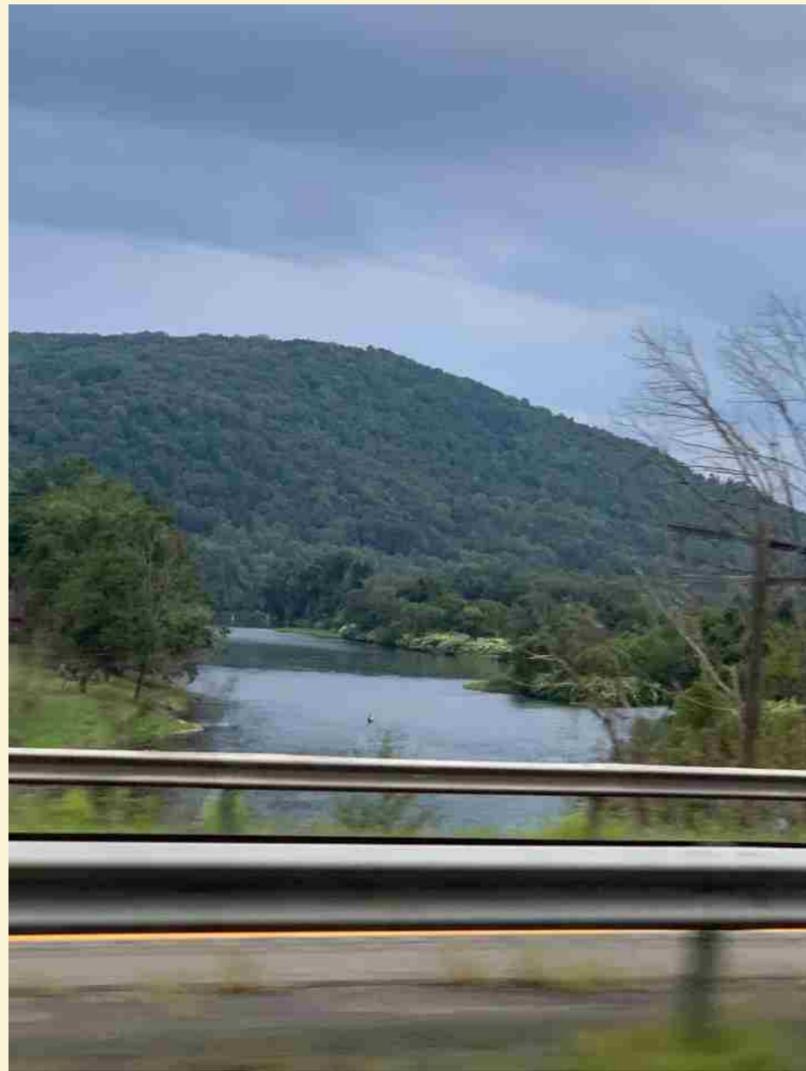


However, during the week I don't have the time or the ability to visit nature so I created an at home sanctuary for meditation as well! My sanctuary consists of my bed, a couple pillows, a stuffed animal and a giant blanket. Whenever I get overwhelmed, I distance myself from the stress and take a couple of minutes to compose myself while sitting perched on the bed. This allows me to go back to whatever is causing my stress with a clear mind.



**PHOTO OF MY AT
HOME
SANCTUARY**





Thank you for
watching!



SOCIAL MEDIA POST:

