

Creating a self-care sanctuary is such a powerful experience. I wanted to design a space where I can practice mindfulness, reconnect with myself, and find relaxation. Here are some items I included and why:

1. Soft Pillows and Blankets: I added these to my sanctuary for their comforting and cozy qualities. They invite me to unwind and create a sense of warmth and security.

2. Candles or Essential Oils: The gentle glow of candles and the calming aromas of essential oils help me create a soothing atmosphere. They engage my senses and promote a state of relaxation.

3. Plants and Natural Elements: Bringing elements from nature into my sanctuary is essential. Plants purify the air, and their presence evokes a sense of tranquility and harmony. I placed some stones and seashells to connect with the Earth's natural beauty.

4. Soft Lighting: Soft, warm lighting creates a peaceful ambiance. I chose to dim the lights or use fairy lights to achieve a cozy and calming effect.

5. Personal Mementos or Artwork: I adorned my sanctuary with meaningful personal mementos, artwork, and photos. These items invoke positive emotions and remind me of precious memories, making the space uniquely mine.

6. Comfortable Seating: A comfortable chair or cushion is a must. It's vital to have a cozy spot where I can sit, meditate, or simply relax comfortably.

The process of creating my sanctuary felt incredibly fulfilling. As I brought these items together and transformed my space, I could feel the intention and love behind each object. It's a true reflection of who I am and what brings me peace.

I plan on using my sanctuary as a place for rejuvenation, self-reflection, and reaffirming my commitment to self-care and the environment. It's a healing space where I can reconnect with my personal mission and find clarity amidst the environmental work I do.

Having a dedicated space for mindful practices and self-care is a valuable reminder to prioritize my well-being. Moving forward, I will integrate the wisdom and peace I find in my sanctuary into my daily life. I will make time for self-care, remember to breathe deeply, and stay connected to my purpose as I continue my journey of personal growth and environmental stewardship.

Feeling grateful for this oasis of tranquility in my life.



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