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.

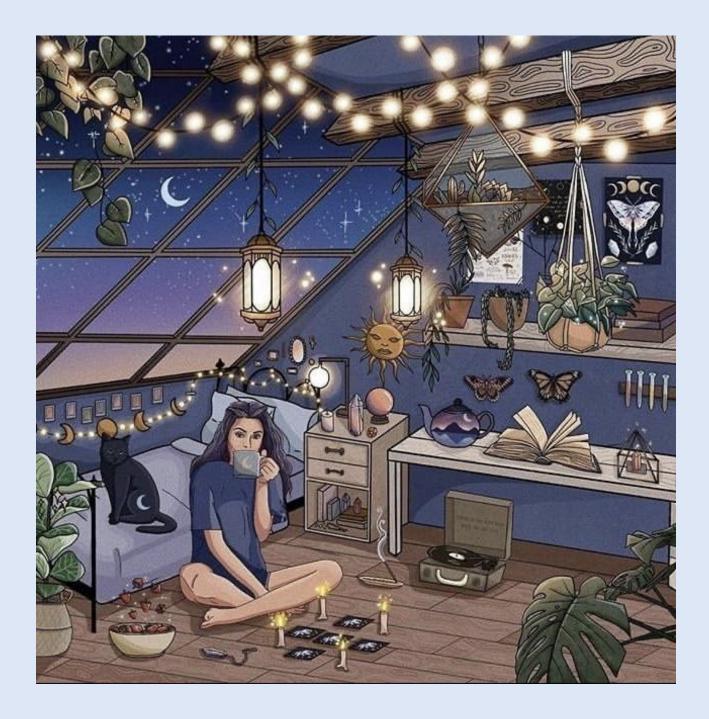
4. Soft Lighting: Soft, warm lighting creates a peaceful ambiance. I chose to dim the lights or use fairy lights to achieve a cozy and calming effect.

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 selfcare 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 wellbeing. 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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hektab Introducing my sacred haven of self-care and mindfulness 🔆 🌿 Creating this space has been a powerful reminder of why self-care matters. In a world that constantly demands our attention, taking time to recharge and reconnect with ourselves is vital. Designing this sanctuary was a beautiful journey of self-discovery and intention setting. It's a place where I can breathe, pause, and nourish my mind, body, and soul. It serves as a gentle reminder to prioritize my well-being and find inner peace amidst the hustle and bustle. Have you created a space for self-care and mindfulness? Share your thoughts and experiences with me! Let's embrace the beauty of self-care together. 💖 🙏 P.S this is a digital painting of the room (and the cat on the bed is Lily) @turninggreenorg #pgc2023

Name: Aftab Username: AftabHekmat School Name: Sedighe kobra Instagram ID: _hektab_ Level: greenest