

Name: Natalie Su, Alexander Su, Laura Bornhoevd, Nikhil Nunna

Username: natalie12

Instagram: @pgc_cmontgreenteam

Email address: sunatalie12@gmail.com

School: Carlmont High School, Belmont

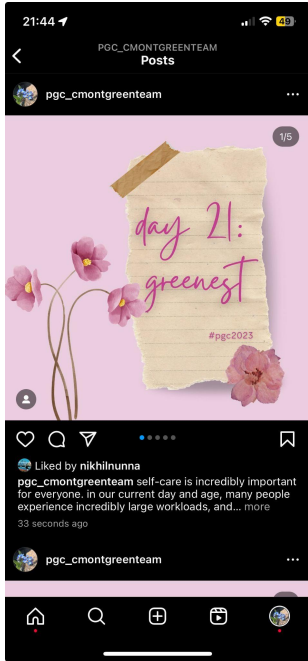
The Sanctuary: One thing that could help us to relax is increasing the number of plants within the house to purify the air and to also provide something to take care of to destress. For example, simple plants such as succulents, aloes, philodendrons, and peace lilies which require low maintenance are perfect for indoors! Another thing we thought of was adding candles around the house which can provide relaxing aromas and also make the room more aesthetic and pleasing to the eye which can also help with relaxing. Lastly, I sat down and started to read my Climate Optimism book that we received from a previous PGC challenge, something else that can improve my wellness!



Reflection: We are taking part in PGC so that we can learn more about different environmental issues or topics and then educate our school community about these same topics. We hope to encourage others to want to taken action and learn about ways that they can help the environment as well. Maintaining our wellness is important to look back on our lives and understand why we are embarking on the PGC journey to begin with. Understanding our connection with the environment and maintaining a healthy relationship with it is the first step to learning how we can make a difference!

It felt very peaceful to create the sanctuary—I got to listen to music and clean up my room which had been pretty messy for the past few months, so it was nice to give it a more refreshing look. Going forward, whenever I want to relax after a stressful day or cozy up with a good book, I will go to my self-care sanctuary. I will continue tending to the plants as well, and will look for more great books to read! After spending some time in my sanctuary today, I can definitely tell that it will have a great impact on my overall wellness.

Instagram post:



candles

- provides relaxing aromas
- therapeutic to watch and makes the space look nice!

books

- a great way to relax and calm down
- a fun way to learn more!

plants

- helps in purifying the air
- something to take care of to de-stress

our self-care sanctuary