



ANTON DE KOM UNIVERSEIT VAN SURINAME

Faculty of Social Sciences

Name: Vincent Amoeferie
Username: Vincentgreen
School: Anton de Kom University of Suriname
Date: 21-10-2023
Challenge Level: Greenest

Responses

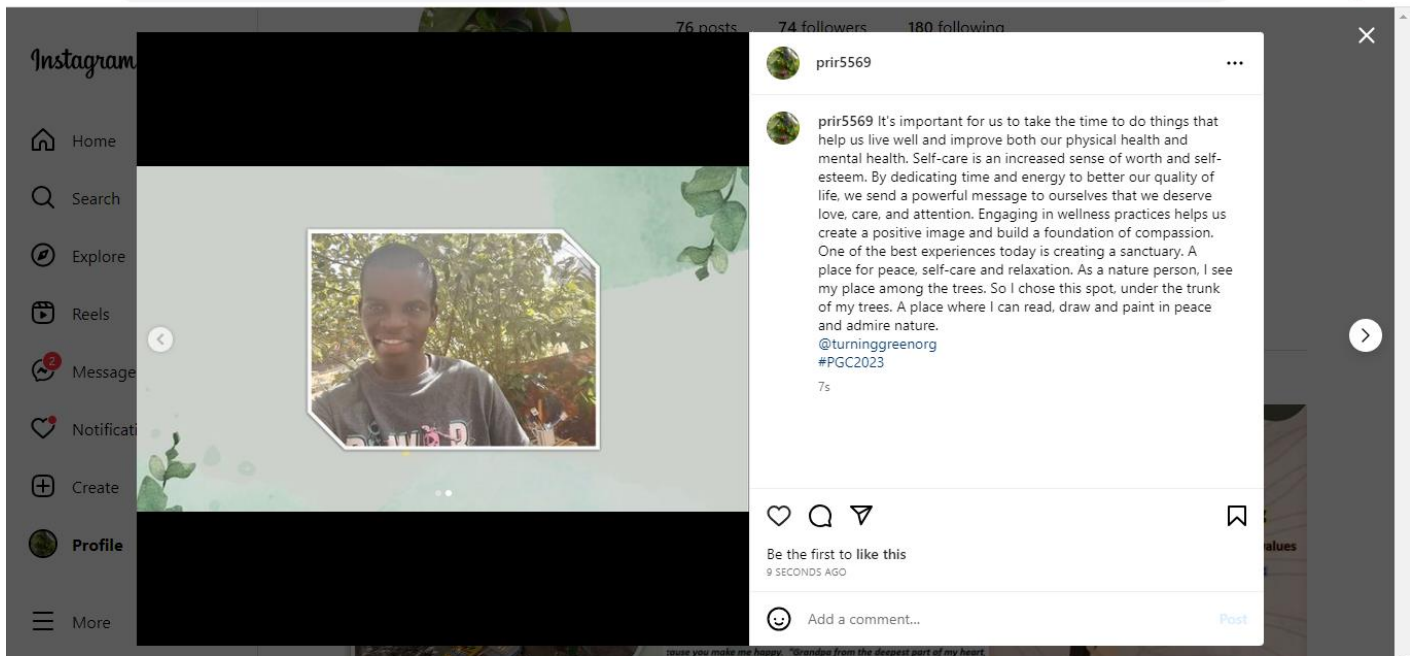
- My sanctuary for self-care. Here I can practice self-connection and relaxation. The things that can relax me and create a soothing environment are literature books, paintings, drawing pencils and drawing notebooks for drawing. I took the books because I love reading, and reading is something that gives me peace. I took the painting sheet because it motivated my love for painting at such a moment in my peaceful environment to explore and paint more. The cup that holds my pens is a gift from my grandmother when I turned 15 years old. The drawing notebooks are necessary for drawing my discoveries.
- I felt excited and extremely grateful for this new action. Creating a sanctuary is very new to me. I went to sanctuaries that were not my own and to create my own sanctuary in my garden today is one of the best experiences of this day. I plan to spend an hour or two in my sanctuary each end of the week, Friday and Saturday. Here I will reflect on the past few days, what I have learned and what my contribution has been in the past few days. Here is my place of complete peace, far from all the hustle and bustle. I have included the things I love most in creating my sanctuary. I needed the right combination. And the root of my sanctuary is in my garden. I am a nature person, and my refuge should not lack any greenery, that is why I chose this place, under the trunks of my trees.

Screenshot Instagram post

The screenshot shows a web browser window displaying an Instagram post. The browser's address bar shows the URL: [instagram.com/p/CyrrqdLiu4gp/?hl=en&img_index=1](https://www.instagram.com/p/CyrrqdLiu4gp/?hl=en&img_index=1). The Instagram interface includes a navigation sidebar on the left with options like Home, Search, Explore, Reels, Messages, Notifications, Create, Profile, and More. The main content area shows a post by user 'priir5569'. The post image is a photograph of a garden area with various plants and trees, with the text 'My space for mindfulness.' overlaid. The caption reads: 'It's important for us to take the time to do things that help us live well and improve both our physical health and mental health. Self-care is an increased sense of worth and self-esteem. By dedicating time and energy to better our quality of life, we send a powerful message to ourselves that we deserve love, care, and attention. Engaging in wellness practices helps us create a positive image and build a foundation of compassion. One of the best experiences today is creating a sanctuary. A place for peace, self-care and relaxation. As a nature person, I see my place among the trees. So I chose this spot, under the trunk of my trees. A place where I can read, draw and paint in peace and admire nature. @turninggreenorg #PGC2023'. The post has 76 posts, 74 followers, and 180 following. The bottom of the screenshot shows the Windows taskbar with various application icons and the system clock indicating 10:13 PM on 10/21/2023.

Instagram

76 posts 74 followers 180 following



prir5569

prir5569 It's important for us to take the time to do things that help us live well and improve both our physical health and mental health. Self-care is an increased sense of worth and self-esteem. By dedicating time and energy to better our quality of life, we send a powerful message to ourselves that we deserve love, care, and attention. Engaging in wellness practices helps us create a positive image and build a foundation of compassion. One of the best experiences today is creating a sanctuary. A place for peace, self-care and relaxation. As a nature person, I see my place among the trees. So I chose this spot, under the trunk of my trees. A place where I can read, draw and paint in peace and admire nature.
@turninggreenorg
#PGC2023

7s

Be the first to like this
9 SECONDS AGO

Add a comment... Post