

Name: WaterBuffalos  
Username: WaterBuffaloes  
School: Poolesville High School

Envision a **self-care sanctuary** for practicing mindfulness, self-connection and relaxation. Be creative and dream about how you will create your own sanctuary. And, remember to prioritize sustainability, health, and joyfulness with your key learnings from the past 20 days.

- **What are the objects that would help you relax and create a soothing environment? Include a note about why you included each item.**
  - **Yoga Mat:** Doing yoga is a relaxing and soothing activity that encourages me to take things slow. I always feel more refreshed and having one in my self-care sanctuary will serve as a reminder to take some time out of my day for a yoga session.
  - **Candles:** The glow of candlelight creates the perfect meditative fall atmosphere. The pine scent of my candles is also super comforting, reminding me of warm camping trips.
  - **Cozy Blanket:** My Winnie the Pooh blanket provides a sense of security, probably due to the strong feelings of nostalgia it provides. The softness and weight of a blanket is incredibly comforting and provides the perfect place for me to unwind.
  - **Stuffed Animals:** As silly as it sounds, my stuffed animals provide a sense of companionship. Their soft texture and familiar presence make them perfect companions for relaxation and stress relief.

**With your imagination flowing, pick a space (however small but cozy) in your room, home, park, or backyard to design as your self-care-sanctuary.**

- Small open space by the door in my room
- **Start your space transformation using items you find in and around your living space. Take advantage of light, your own art, natural elements. Be innovative. For inspiration, look over [these tips](#).**
  - Clear the surface of the small table near my new self-care-sanctuary
  - Open the blinds of the window right in front to let in natural sunlight
  - Bring in small lamps for mood lighting
  - Purchase a small rug to show designated area, ensure the rug is as fluffy as possible
- **Write a brief reflection about your experience. How did it feel to create your sanctuary? How do you plan on using it and the wisdom you acquired as you move forward?**
  - Self-care matters because taking time for yourself allows you to recharge, reduce stress, and maintain a healthy balance in life. Creating my sanctuary will allow me to do just that, providing me with a calming environment to unwind and de-stress. Having a space like this also encourages me to set boundaries and

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prioritize myself, leading to a healthier work-life balance. Finally, taking time for self-care will also improve my mood and creativity, and in general, lead to an improved sense of overall well-being. I plan to use my sanctuary once a day and see it as a reminder to take a break from the stresses of everyday life.

**Share a picture of your sanctuary on Instagram with a caption about why self-care matters and your experience in creating space for mindfulness. Tag @TurningGreenOrg as well as #PGC2023.**

Link:

[https://www.instagram.com/p/CysFPceM4EI/?utm\\_source=ig\\_web\\_copy\\_link&igshid=MzRIODBiNW FIZA==](https://www.instagram.com/p/CysFPceM4EI/?utm_source=ig_web_copy_link&igshid=MzRIODBiNW FIZA==)

Day 21 Wellness:

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