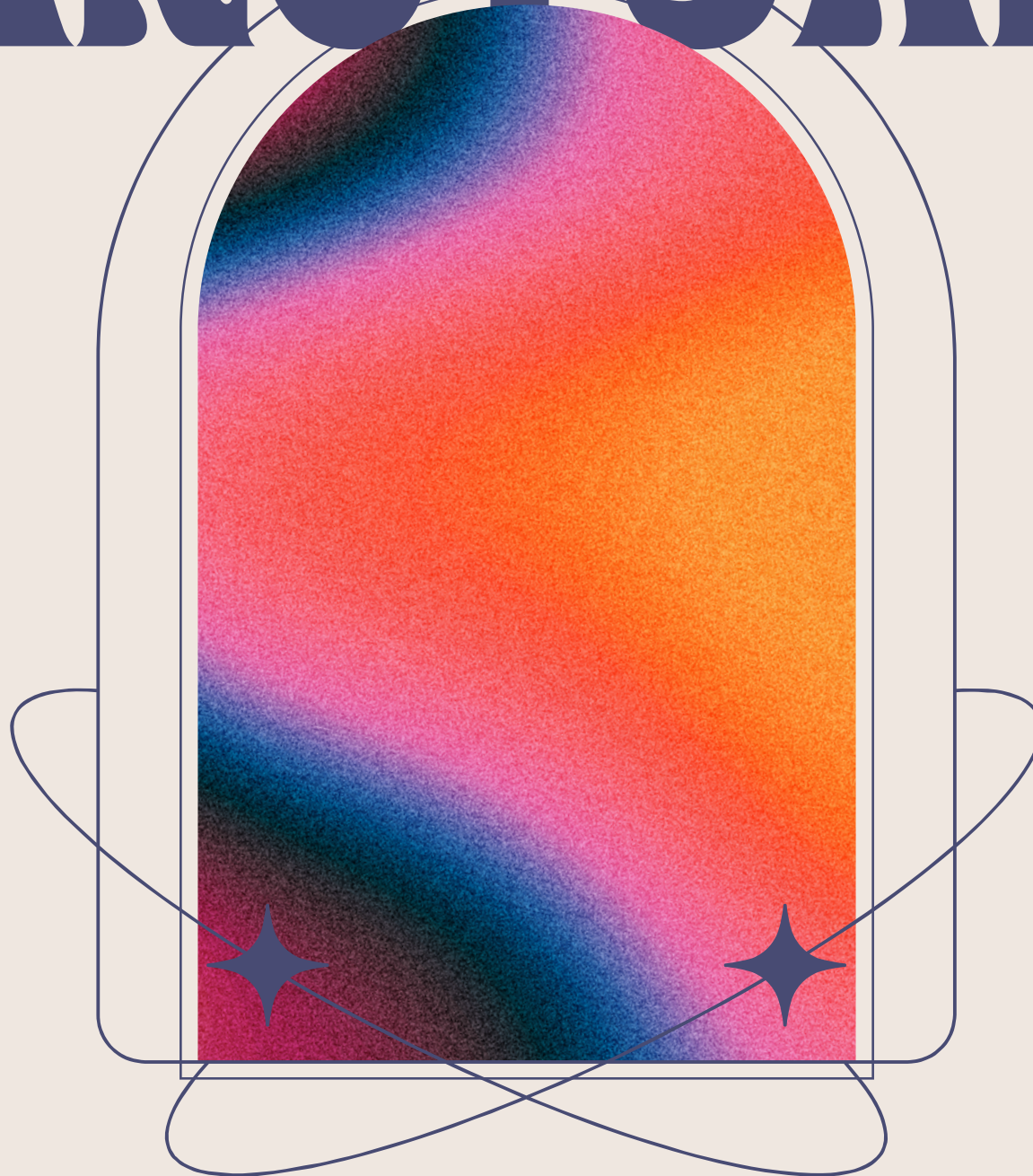


my self care

# SANCTUARY

self care



self care

**The World Health Organization defines self-care as: “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker.” The International Self-Care Foundation also includes health literacy as a pillar of self-care, meaning that any steps you take toward better understanding health information you need to make appropriate decisions about your health and well-being counts as self-care, too.**

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candle for ambient lighting and a cozy atmosphere

improve air quality as well as improve the ambiance, a reflection of our care to ourselves



yarn for crocheting as a peaceful activity which helps destress



warm cozy socks, especially in winter, made from organic cotton



my favourite second-hand books as an exemplary way to destress and wind down away from screens

# OBJECTS



yoga lowers stress hormones in our bodies while simultaneously increasing endorphins

tea has a wide range of benefits, from calming the mind and aiding sleep to helping stay alert without causing anxiety and heart issues the way coffee does. i use bigelow's fair trade tea to ensure that my drink is ethically sourced



incense or essential oils: some have sedative properties but they overall create a calming fragrance that suits the environment needed for clarity and inner peace



headphones or a speaker for relaxing music like bossa nova or jazz (recommend: ethiopian jazz <3)

# OBJECTS

crochet blanket, candle, my favourite books, a very tattered yoga mat, plants (including snake plant which greatly approved air quality), crochet yarn, and an incense fountain



# MY SANCTUARY

# REFLECTION

While creating my self-care sanctuary I felt something I hadn't felt in a long time: I felt like I was caring for myself. Amidst school, PGC, and the mundanity yet hecticness of life, it is easy to lose ourselves and forget that what matters most is our well-being. How are we supposed to help the world when we ourselves require much-needed nurturing?

The process was almost meditative, allowing me to focus on my own needs and desires and reflect on what I value in life.

In my sanctuary, I plan to use the wisdom I acquired to foster a daily practice of self-care and mindfulness. When life gets stressful and I simply need a break, I will use my sanctuary as a home to retreat to where I can reflect on both my positive and negative feelings and deal with them in a healthy way--far away from screens and media. The soft lighting, calming scents, and comfortable seating encourage me to unwind and be present in the moment.

It's a reminder that my well-being is a priority and that investing in my peace of mind is a continuous, nurturing journey.



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However, we mustn't lose sight of the fact that environmentalism and learning and educating ourselves is and should be a tiresome process. Take time for ourselves, yes, but we have to acknowledge that self-care is a privilege and that the world needs us to use this privilege beyond self-serving reasons. We must use our inner peace to further spread it in our communities and our planet.

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