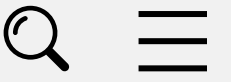


KATHERINE LEE
JERICO HIGH SCHOOL



Wellness Sanctuary

@PATHTO2030

WELCOME

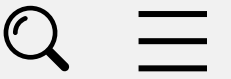


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Challenge



- What are the objects that would help you relax and create a soothing environment? Include a note about why you included each item.
- 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.
- 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.
- Once you have designed and curated your sanctuary, sit in it, breathe deeply, and center yourself through a practice of your choice. Reflect on your personal mission and reasons for taking part in PGC. Environmental work can take a lot, so it's important to find a healing space to reaffirm your commitment to both yourself and our planet.
- 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.



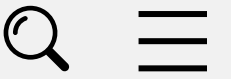
- What are the objects that would help you relax and create a soothing environment? Include a note about why you included each item.

Firstly, my bed is a safe, warm place for relaxation and wellness. My bed allows me to recharge and sleep after a stressful day, or just to lie there under cozy warmth. Especially as the weather grows colder, my bed is a sanctuary against the chilly temperature.

The pillows on top of my bed are pink and cheerful and represent happiness in a physical form. The soft teddy bear is a trinket of my childhood and helps me sleep peacefully at night. Seeing the teddy bear is reminiscent of fond memories. The fairy lights on top of the bed light up the space and give me joy. They twinkle in the sunlight.

Next, I have a potted plant and a small gold sign lying on my desk. The potted plant is so beautiful and a breath of fresh air to look at and tend to. The gold metallic sign says "blessed" which reminds me to express gratitude every day. For this challenge, I made a second relaxation cot and found a pillow and blanket for a loved one to join me. The ultimate sanctuary is not complete without good company :)

- 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?



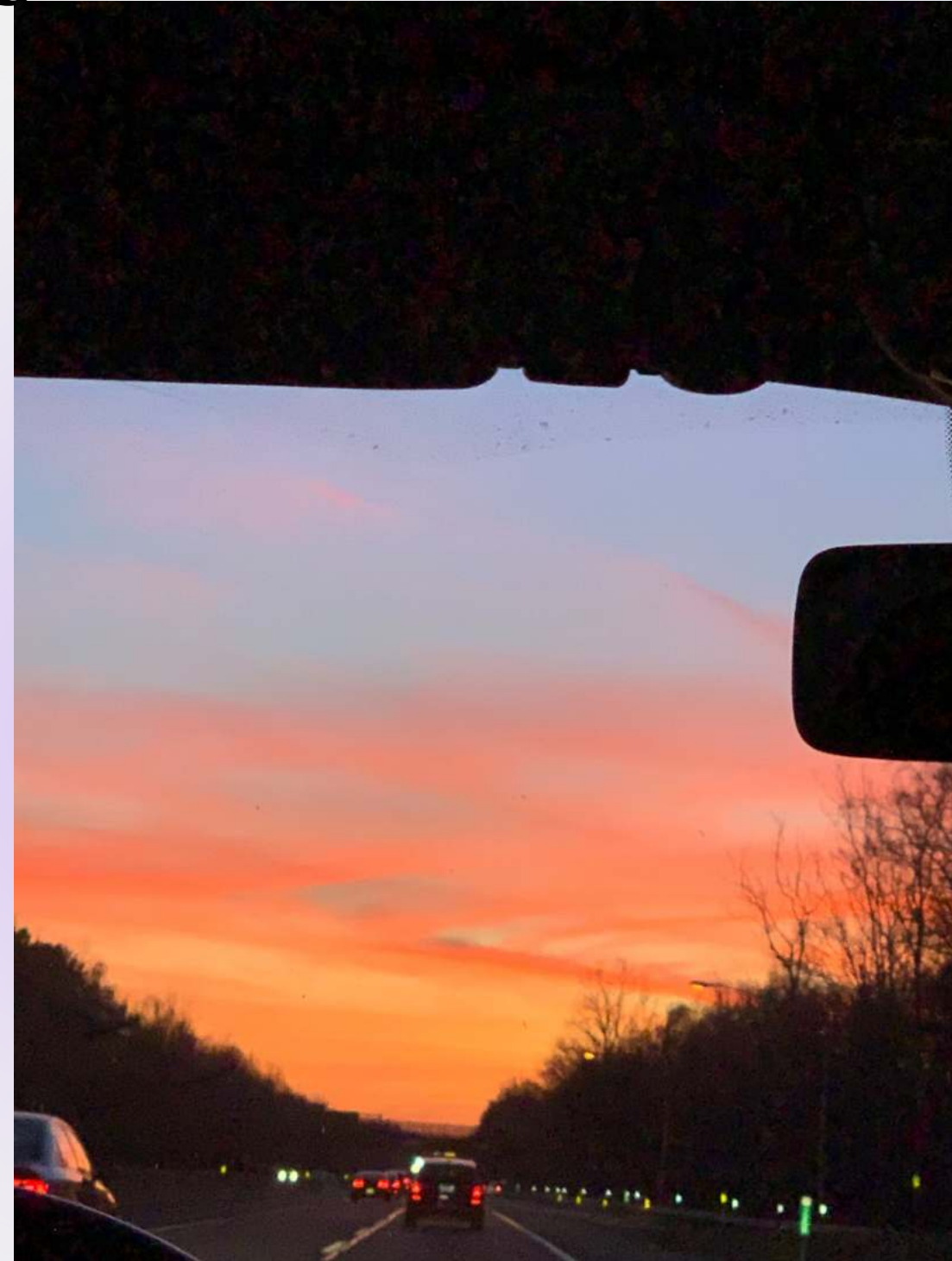
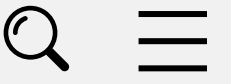
Firstly, I had to clean my room in order to make my sanctuary. Life can be hectic and chaotic, especially as I'm in my Junior year of High School, so the space can be cluttered. I read in an article online that your room is a physical representation of the state of your mind: a cluttered bedroom means you're stressed, while a tidy one indicates peace of mind. So, armed with that newly acquired information, I will do my very best to ensure that this comforting space remains organized.

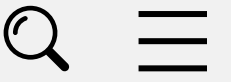
Additionally, cleaning my room will forever be therapeutic. It is a task that takes very little brainpower to do, and it's sort of mechanical. So after a long day of school and work, being able to complete a productive task without mental energy expenditure feels great. I like to play some songs from my music playlist, and it uplifts my overall mood.

Right now, as I'm typing this reflection, I'm sitting in my cozy sanctuary with a smile on my face. This has been one of my favorite PGC daily challenges so far!

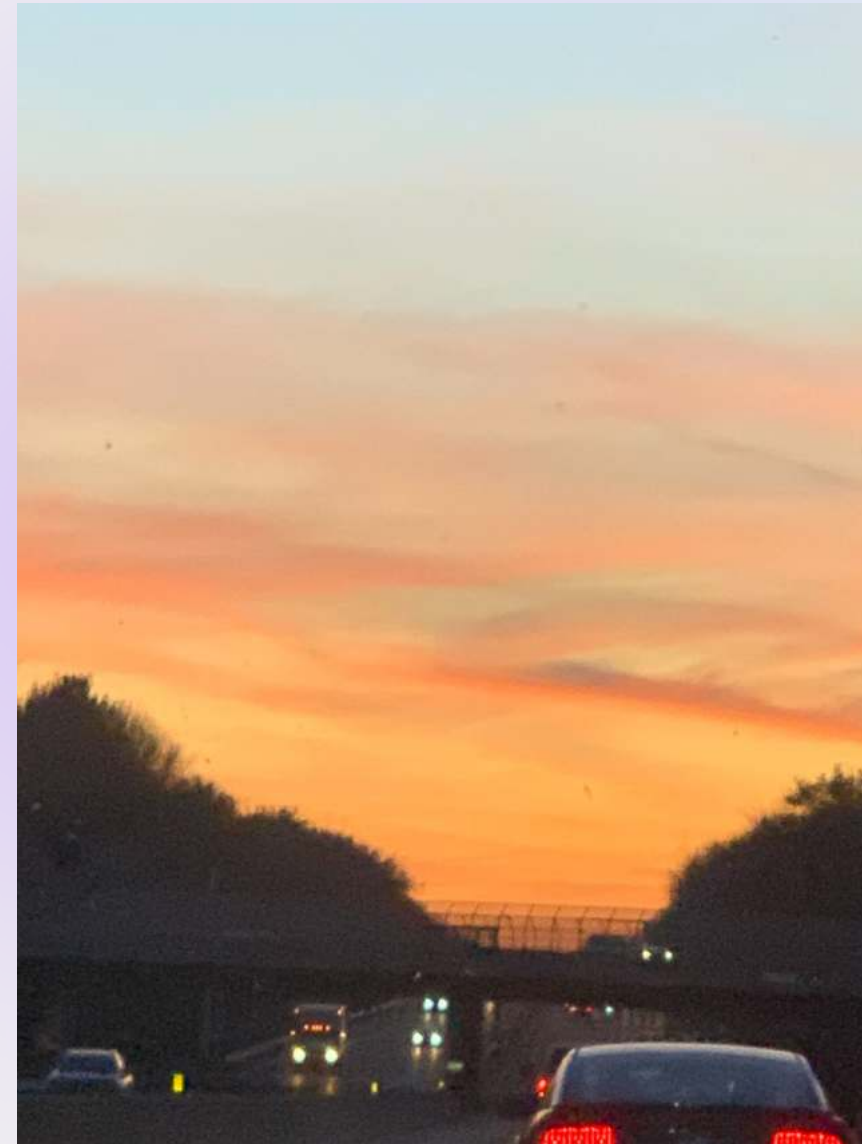


Sanctuary in Nature





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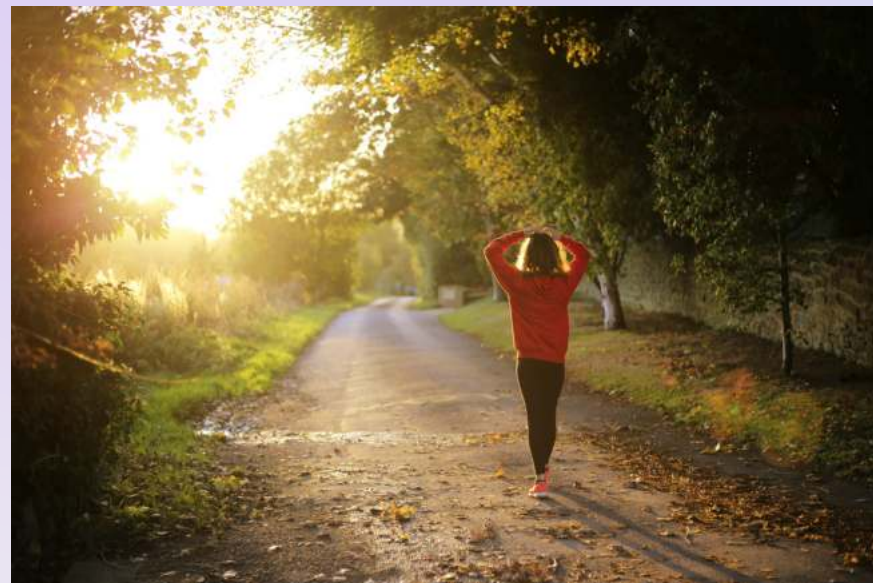
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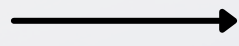
19 AUGUST, 2021

Nature Reflection

While most people envision their "sanctuary" to be a physical place designated for meditation, mine is more about people and nature. Though it's unconventional, my meditation area is wherever my family and friends are, as well as nature. Both the people and the environment help me be at peace in a way that no designated area would ever suffice. They make me feel most comfortable, confident, accepted, blissful, and joyous. So my perfect sanctuary would be going on a nature trail or watching the sunset with my family and closest friends.



Today I went with my family to watch the sunset and take a walk along nature. It was the most peaceful part of my week by far. All of the stress that had piled up from this week vanished as I absorbed my surroundings and interacted with those who meant the world to me. We shared our thoughts and allowed ourselves to vent in order to release any negative feelings we had and practiced meditation in periods of quiet time. At the end of the nature walk, I sat and read a book in pure silence and took some deep breaths. Along the way, we all ate organic snacks and meals out of reusable Tupperware jars and containers. This was an amazing experience and I would absolutely love to continue doing it again!



**Thank You
for
watching!**

Instagram Link:

<https://www.instagram.com/p/CysEkExMfgl/?igshid=MzRIODBiNWFIZA==>

