

Team Name/Username: NJCT

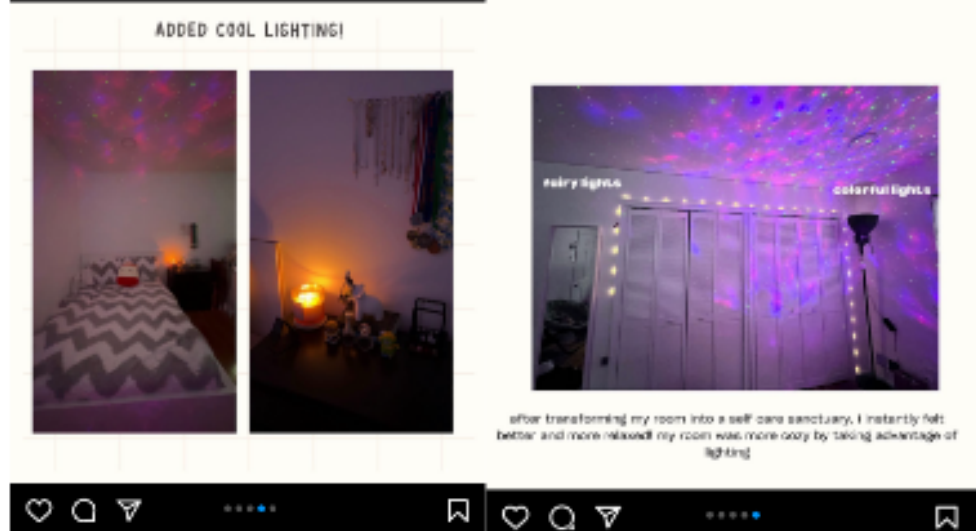
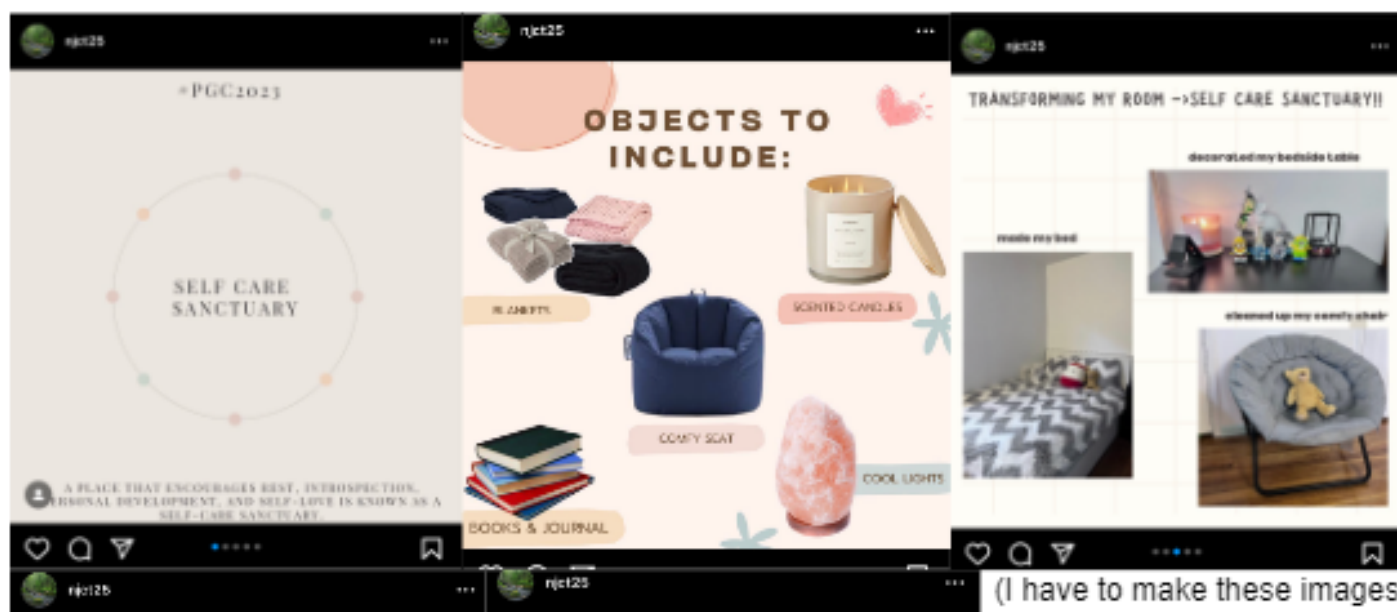
Members: Chloe Ou, Jacob Yee, Nicholas Lee, Tiffany Brekher

School: Staten Island Technical High School

The objects that help me relax and create a soothing environment were as follows:

1. **Blankets:** offers warmth and comfort and is needed for when it is time to nap, or read.
2. **Comfy seat:** although being in bed is comfortable, having another option is fun as well.
3. **Scented candles:** having my room be scented helps calm me down and happy
4. **Books and journal:** an important part of self care is to do the things you love and also reflect on your own life. A journal is a healthy and easy way to express how you feel, and I included my favorite books on my bedside table to read.
5. **Cool lights:** I added LED lights, and fairy lights for a more cozy and relaxing vibe.

When creating my sanctuary, it was very fun to be able to experiment with different lighting and objects to be able to create a perfect vision of what I wanted my room to look like. I was able to sit in my bed afterwards, meditate, and think about my life as well as reflecting on my personal mission and why I wanted to take part in PGC. I plan to use this self care sanctuary in the future to relax when I feel stressed, or even to be more productive.



(I have to make these images small in order to not exceed the 5mb requirement)