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My wellness space was created using objects from my own room. I used many pillows, a blanket, and a fitted sheet to build my own **wellness nest**. I also added special items like my stuffed animals, a diffuser, and shells that promoted **relaxation and inspiration**.

I added my favorite stuffed animals to represent my **love for wildlife** and my dedication to **protecting ecosystems**. I have volunteered and worked with local organizations to spread awareness and also to clean up habitats in order to make the world a safer place for animals. For example, I participated in a summer program that informed the public about human impact on shorebirds. Including my stuffed animals helped serve as a reminder to keep working to **make a difference** in my own way and continue to **act on my passions**. The seashell filled with crystals and shells had a similar purpose, as they represented my love for the ocean. Seeing these shells while I was inside my wellness space inspired me and made me think about how much the Earth has provided me with and the beauty of nature. This made me more determined to take action **within my community** and work harder to be **sustainable** in my **daily life**. Lastly, I included a diffuser that had eucalyptus essential oils inside. This benefitted my mental health, as eucalyptus is known to **reduce stress and anxiety**



and while also **enhancing mood and focus**. I was able to do my schoolwork and other activities with a **better mindset and less worry**.

While sitting in my wellness nest, I noticed that it allowed me to feel a sense of **calm** and **quiet** that I normally do not experience in my daily life, since I have many activities as well as school to focus on. Taking time for myself for this challenge truly enlightened me on the **importance of my wellbeing** and how doing things with the **intent of bringing happiness** will create a better day. Additionally, having the



visual cue of this space reminded me to relax whenever I saw it or was inside it throughout the day. It reminded me of the power that I hold to **create change** through **my actions** as well as **my voice**. I am more motivated to continue my environmental work while being mindful of the balance between **my health and my responsibilities**.

- Team What We Grew