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GREENEST CHALLENGE

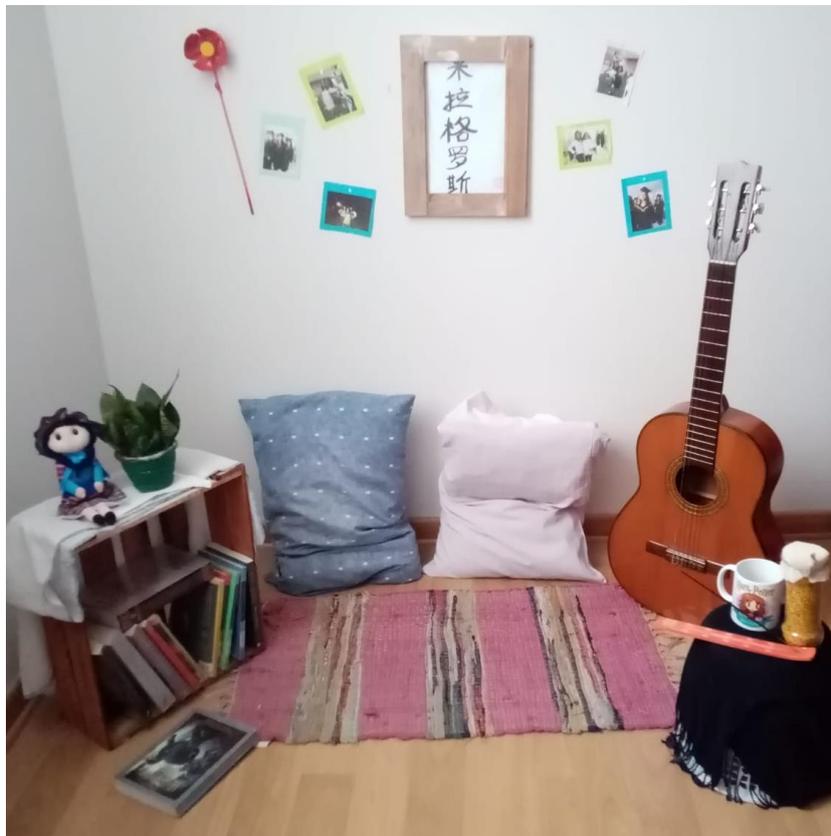
Curate a photo collage or Pinterest board that includes at least 10 items you would choose for this space to enable you to best tap into mindfulness.



What would help you destress or create a soothing environment? Include a note about why you included each item.

- Colorful blanket: it will allow me to lie down on the floor more comfortably. This blanket is special because my grandmother gave it to me.
- Guitar: it is my first guitar, I have had it since I was 10 years old and it will help me inspire me with songs.
- Shelf: the shelf I used is made from a recycled fruit crate. It will remind me that we can put things to a second use.
- Books: I placed my favorite fiction books, mainly my first books that helped me introduce myself to reading.
- Flower with recycled material: I made a flower with a recycled bottle and painted it to include it in my sanctuary.
- Incense: it will allow me to aromatize my sanctuary and to be able to smell field flowers.
- Plant: I used my first plant that I planted a few years ago, it is small but it means perseverance for me.
- Infusion and a cup: I placed various cereals in a glass jar to make an infusion to relax me. I also placed eucalyptus, a bath with these leaves relaxes the whole body.
- Photos: I posted photos with my best friends, which remind me how important it is for me to have their friendship and support at all times.
- Pajamas: my favorite pajamas are the ideal ones to feel totally comfortable in my sanctuary.
- Polar socks: they will help me to feel protected on winter days.
- Pillows: they will help me to rescue myself while I meditate.
- Painting with a phrase: this painting says my name in Chinese letters and I did it myself a few years ago; It reminds me of my grandparents since they were Chinese and they were always supporting me with their advice.

With your imagination flowing, pick a space (however small and cozy!) in your room, home or yard to designate as that self-care-sanctuary. Start transforming the space into a mini self-care sanctuary using pieces you have at home.



Once complete, sit in it for a moment, breathe deeply and center yourself through a practice of your choice. Afterwards, write a brief reflection on your experience. How did it feel creating a sanctuary? How do you plan on using it?

When creating my sanctuary, I felt very happy because I started first by collecting the things that have a deep meaning for me, like my first guitar or my first little plant that I planted alone. It helped me realize that I had several things that gave me peace of mind and inspiration, and having them all in my sanctuary inspired me to continue achieving my goals. Although I also thought that having such a small place, it was not going to help me relax, but it does not really matter the size if you have the things close to you that help you remember how important you are and how great you will be. Sitting in my sanctuary helped me relax and I was surprised that it helped me resolve an internal conflict that I had. From now on every weekend I will use my sanctuary to give myself a mental break and to love myself more every day.

INSTAGRAM: <https://www.instagram.com/p/CGeJKB5DK4n/>

To take care of the planet, you must first take care of yourself!

Create your sanctuary of self-care where you can relax and reconnect with yourself. This space will have those elements that inspire you, inviting you to think about your goals and your vision of yourself and the world.

This experience helped me create a space entirely my own, where I could see the elements that cause me peace and tranquility, such as photos with my best friends, my favorite books, my first plant, my guitar and much more.

Don't miss out on this experience! Any place, no matter how small, is suitable for your sanctuary.



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Crea tu santuario de autocuidado donde puedas relajarte y reconectarte contigo. Este espacio tendrá aquellos que elementos que te inspiran, invitándote a pensar en tus metas y tu visión de ti mismo y el mundo.

Esta experiencia me ayudó a crear un espacio enteramente mío, en donde pude ver los elementos que me causan paz y tranquila, como fotos con mis mejores amigas, mis libros favoritos, mi primera plantita, mi guitarra y muchas cosas más.

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