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School | Olympian High

Day Seventeen | Green Challenge

Create a [self-care sanctuary](#) for practicing mindfulness, self-connection and relaxation. Get creative and dream big! And remember to prioritize sustainability and health, with the key learnings from PGC around the impact of using plastics, excess waste and more.

- 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.
- 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 — even taking advantage of light or drawing your own art or incorporating plants or twigs! Be innovative! For inspiration, look over [these](#) tips.
- 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?

Share a picture of the space you curated and/or a screenshot of your self-care sanctuary photo collage or Pinterest board on Instagram with a caption about why self-care matters and your experience focused on creating space for mindfulness.

Tag @TurningGreenOrg and @Natracare, as well as #PGC2020.

My Sanctuary (a vision):



1. The first items in my sanctuary are PLANTS! I love indoor house plants and they are soothing to my soul, so of course they had to be first in the plan for myself-care sanctuary.
2. The second item in my sanctuary is a used wooden bookshelf so I can place my favorite books, plants, and organize them in a way that looks pretty and will make me happy when I see it!

3. The third item in my sanctuary is cozy bedding so I can get a great night's sleep and rest my body and soul.
4. The fourth item in my sanctuary is beautiful artwork! Seeing artwork on my walls is so uplifting and really sets me in a great mood for the day.
5. The fifth items in my sanctuary are my dogs! Not sure if this one really counts, but my self-care Sunday always includes playing with and napping with my dogs! They are such beams of sunshine in my life and I just love them so much. <3
6. The sixth item in my sanctuary is a record player so I can play my 70s music to dance and groove in my wellness space.
7. The seventh item in my sanctuary is a pretty dresser to hold my comfiest thrifted pajamas to sleep and relax in.
8. The eighth item in my sanctuary is a candle(s) because I love the smell and they relax me.
9. The ninth item in my sanctuary is essential oils so I can add them to my pillows and blankets to breathe them in and not only physically relax my body, but reset my spirit.
10. The tenth item in my sanctuary is sustainable readings! This could mean reading articles on my laptop or looking at social media accounts like @greengirlleah and @fridaysforfuture for inspiration!
11. Some additional items I would love to include in my sanctuary are pictures of the beach because the ocean is such a soothing place for me as a southern

Californian, and maybe some snacks like hummus and pita and some matcha green tea!

My final thoughts:

I absolutely LOVE this vision board for my self-care sanctuary and I hope that I can make it a reality when I move out and into my own apartment! Right now, I don't have much control over my living spaces, but once I start living my own space I want to customize it exactly like this, thank you for reminding me of how important our physical spaces are! I truly am grateful for this day of #wellness because sometime in the fight for climate justice we get so passionate that we can be prone to activist burnout and losing sight of why we started this fight. I feel reinvigorated, motivated, and passionate about this fight more than I ever have been, and this challenge was very fun!



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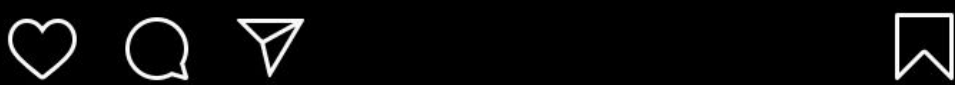


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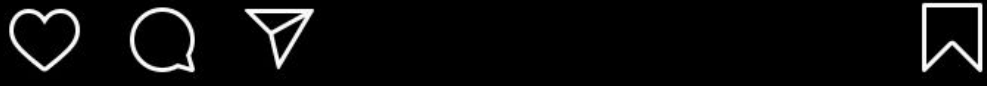
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s4s.project For this day of PGC we are focusing on wellness! Here is some inspo for a #selfcaresanctuary !! Remember to always rest and take time for yourself while fighting for change, you deserve it!

☆ @turninggreenorg @natracare ☆

#PGC2020 #s4sproject #students4sustainability
#intersectionalenvironmentalism
#climatechangeisreal #fightclimateinjustice
#fridaysforfuture #gogreen #ecofriendly #plantbased
#meatlessmonday #SaveTheFood