

Team name: EcoEarth04  
Username: ecoearth\_2021  
Email: paquito\_lopez@outlook.es  
University: Universidad Anáhuac Mayab, México  
Wellness

#### Important aspects:

- Comfortable= after a long day of classes and homework, I think is extremely important to lay down and rest in a comfortable place.
- Close to nature= Being around nature helps us to relax better plus we get to connect with our world and reflex how important it is to take care of it.
- Healthy food= Eating is a basic need of our body. Healthy food should always be part of our day so that we can fulfill this need in the best way possible. This type of food helps us avoid feeling bad.
- Yummy treats= A healthy diet includes yummy treats too! Organic chocolate is a great choice whether a cup of hot chocolate or a bar of chocolate.
- Relaxing music= Music can help us feel better! Whenever I'm stressed out, I love putting music on and letting myself imagine.
- Enough space= A self-care sanctuary should have enough space to relax! If it is too packed, you will not be able to move freely.
- Entertainment (books, games) = Part of taking care of yourself is getting away of the seriousness of school or work. Reading books, playing games, or watching shows is important. This helps us feel better and ready for another day of responsibilities.
- Space for stretching= as an ex-gymnast, I have learned the importance of taking care of your body with exercise and stretching. Stretching once a day will certainly help you feel more connected to your body and will relax your body.
- Privacy= Being able to be yourself is important. Privacy is necessary in our life.
- Spiritual Care (My bible, space to pray) = My beliefs are an important part of my life. Being able to read my bible and grow spiritually are part of my self-care routine.

#### My mini self-care sanctuary:

A small space on my garden that has a lot of plants. I really like to take out a blanket and sit down or lay down to relax and get rid of stress. Eating outside and stretching is really relaxing. Adapting the place to a relaxing self-care sanctuary made me excited to enjoy it and helped me remember how important it is to take care of myself.

Team name: EcoEarth04  
Username: ecoearth\_2021  
Email: paquito\_lopez@outlook.es  
University: Universidad Anáhuac Mayab, México



Team name: EcoEarth04  
Username: ecoearth\_2021  
Email: paquito\_lopez@outlook.es  
University: Universidad Anáhuac Mayab, México



Team name: EcoEarth04

Username: ecoearth\_2021

Email: paquito\_lopez@outlook.es

University: Universidad Anáhuac Mayab, México

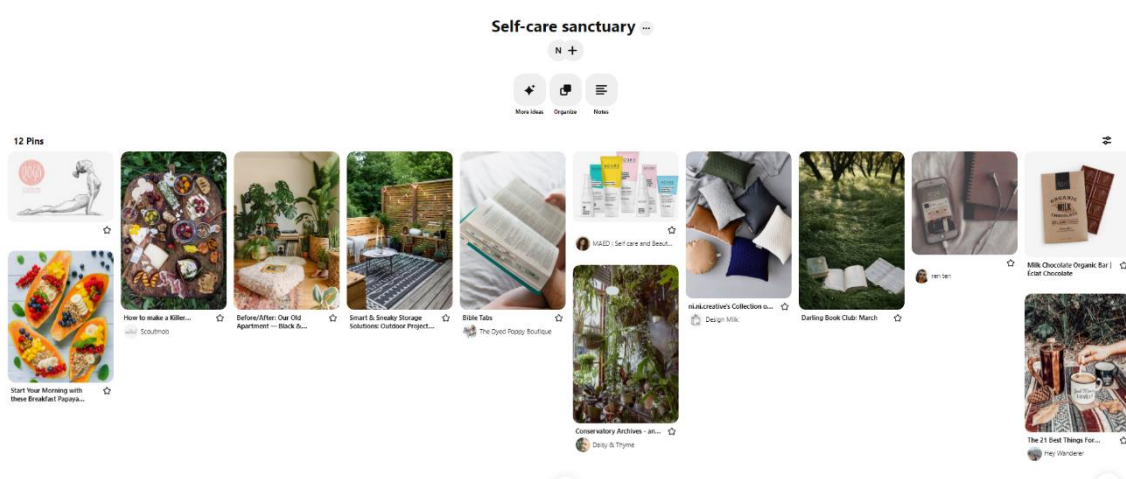
When I sat there, I felt really relaxed. I was able to forget about the stress of classes and felt so much better laying down after having to sit all day in front of the computer. At the same time, being so close to nature helped me get away of technology and resting my eyes. Then I stretched a little bit and listened to some music so I could feel completely better.

It was so nice even my dog enjoyed it a lot!

I will try to dedicate more time to my self-care and wellness. Every week I will try to use this new space a lot more so I can have enough energy to work hard on my projects and studies.

### Pinterest Board:

<https://www.pinterest.com/nikivi8697/self-care-sanctuary/>

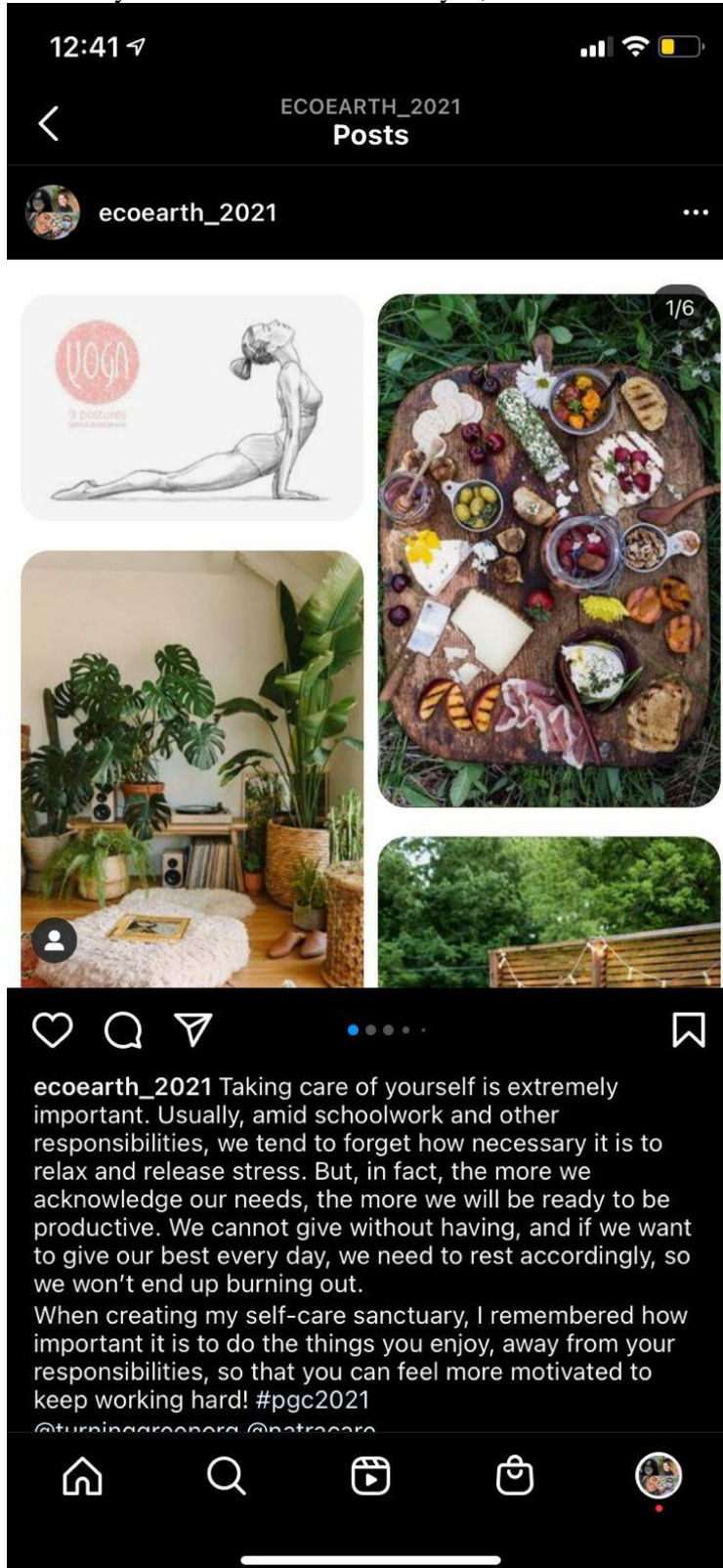


### Instagram post:

Taking care of yourself is extremely important. Usually, amid schoolwork and other responsibilities, we tend to forget how necessary it is to relax and release stress. But, in fact, the more we acknowledge our needs, the more we will be ready to be productive. We cannot give without having, and if we want to give our best every day, we need to rest accordingly, so we won't end up burning out.

When creating my self-care sanctuary, I remembered how important it is to do the things you enjoy, away from your responsibilities, so that you can feel more motivated to keep working hard!

Team name: EcoEarth04  
Username: ecoearth\_2021  
Email: paquito\_lopez@outlook.es  
University: Universidad Anáhuac Mayab, México



Team name: EcoEarth04  
Username: ecoearth\_2021  
Email: paquito\_lopez@outlook.es  
University: Universidad Anáhuac Mayab, México