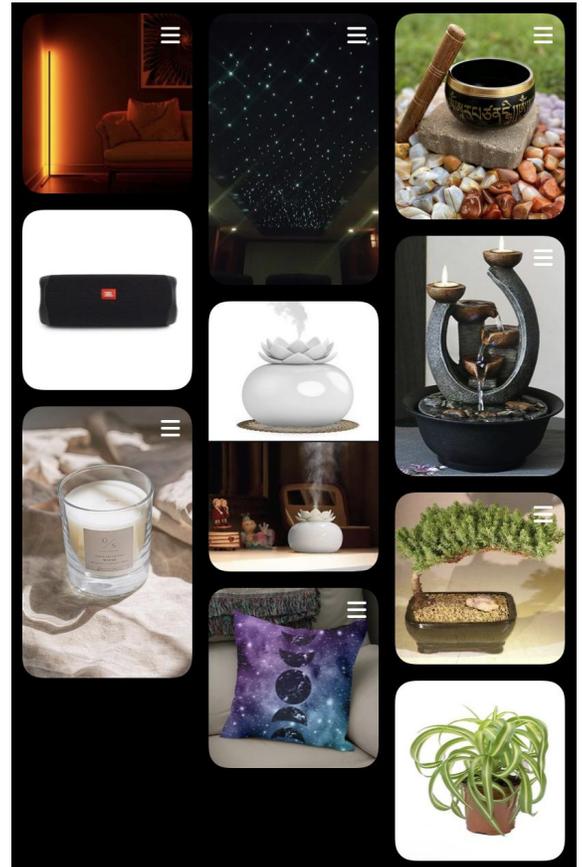


## Day 16 Green Challenge: Wellness

Today, I made the outline for my self-care sanctuary. My plan includes 10 components that will contribute to a calm, rejuvenating space

- **Small corner-** In my pinterest board I chose a small, dark corner to represent that “nursery” corner in my home with lots of plants. I envision this being the locale of my self-care sanctuary because it is tight in a comforting way while being dark and free from outside light and intrusion.
- **Space ceiling-** I used to like having glow in the dark stars in my bedroom when I was younger and I think this would be a nice addition to help me feel comforted and peaceful with the way nature is at my current point at any given time. It makes a detailed and intriguing place to look when my eyes are not closed.
- **Tibetan singing bowl-** Some of my teachers have had this interesting trinket and I also saw some Youtube videos on these things and they really intrigued me. With this project, I am inspired to get my own and become more attentive as I listen for the true stopping point of the noise
- **Speaker-** Hopefully I can get one for my birthday, but if I had one, I would definitely play music in my self-car sanctuary. Although it is closeby, I want a high quality speaker



that allows me to hear every frequency, every ounce of bass. I listen to an endless variety of music to whatever one and volume level fits my mood.

- **Essential oil humidifier-** The one my parents had broke, so investing in a new one would help my self-care sanctuary. They invoke happiness and calamity quite easily; I foresee meditation both with and without scent, likely of lavender or cinnamon!
- **Mini fountain-** I love the sound of water rippling, and I have always wanted a home fountain. They are a lot more inexpensive than I thought and I think they would add well to the atmosphere I am trying to create of nature both on earth and throughout the universe, because it is all connected.
- **Candle-** I love candles and so do all of my household members, so I'll use the ones that we have. They are a far more energy-efficient process for lighting, and also provide the perfect amount of lighting needed for a self-care sanctuary; homelights are disturbing, intrusive, and over-the-top really.
- **Pillow-** Even though I wasn't intending this, I would love the idea of the space pillow shown in my pin. Nevertheless, any sorts of pillows would make the sanctuary so much more enjoyable. I would like a bean pillow or even some memory foam ones to divy them up and achieve maximum comfort level! Pillows and their covers can also be bought organic!
- **Bonsai tree-** I love the bonsai tree because it has a lot of peaceful and natural symbolism behind it. The bonsai tree would seem tall without context, but is actually a very small plant that is still considered a tree. It symbolizes how nature comes in all sorts of shapes and sizes, nevertheless each member of nature has its own role and purpose. The bonsai tree has to survive, maintain homeostasis, and reproduce just like every other organism.

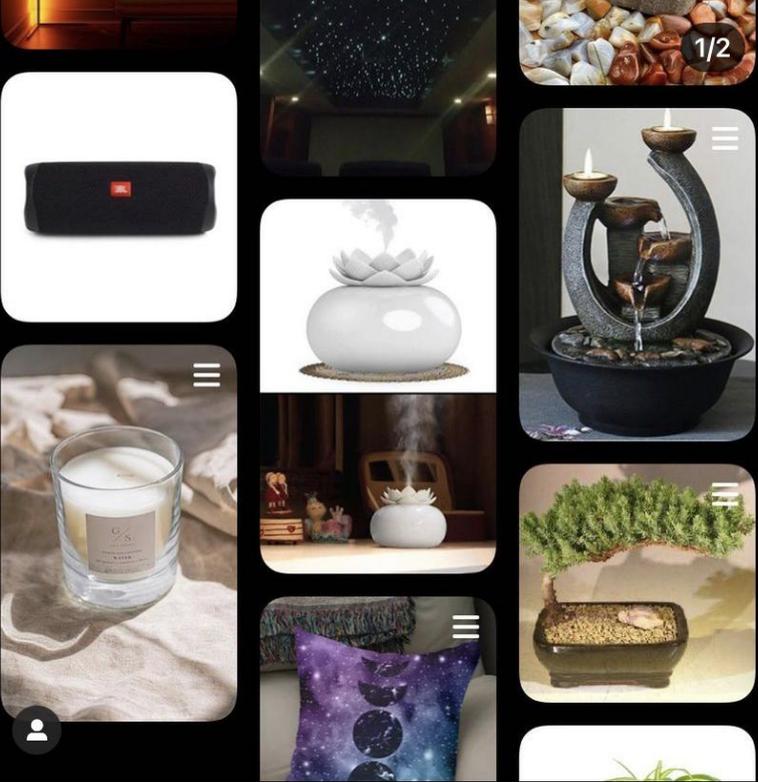
- **Spider plant-** On day 13 I learned of the spider plant, and after learning what I did, I decided to make a connection between day 13 and day 16 by integrating this plant into my self-care sanctuary. It is easy to maintain, needing little water and light. Most importantly, it takes in formaldehyde and carbon monoxide gases that are harmful to human health. And to top it all off, I get to have a physical memory of PGC 2021 every time I go to meditate and practice mindfulness; a sure way to evoke happy memories!

I took some time to meditate in my prototype self-care sanctuary and it was a great way to de-stress. Especially, after a PSAT exam in the morning, I quickly understood how much I was in need of this asset to my health especially given the fact that I didn't even know of this need. Even from constructing the room, I had to think mindfully and plan out what I would like or not like, what looked pleasing and what looked calming, which evoked my mindful mind. In sum, I am very grateful to have been enlightened in self-care now.



ATMOSPHERIC\_LITTER\_STOPPERS  
**Posts**

 **atmospheric\_litter\_stoppers**  
Jericho, New York



**atmospheric\_litter\_stoppers** Day 16 Greenest is done! I planned out my "self-car sanctuary!" 🧘 I plan to have many different items, like a space ceiling, Tibetan singing bowl, and mini fountain. Even from constructing the prototype room, I had to think mindfully and plan out what I would like or not like, what looked pleasing and what looked calming, which evoked my mindful mind. In sum, I am very grateful to have been enlightened in self-care now! #pgc2021 @turninggreenorg @natracare

5 minutes ago