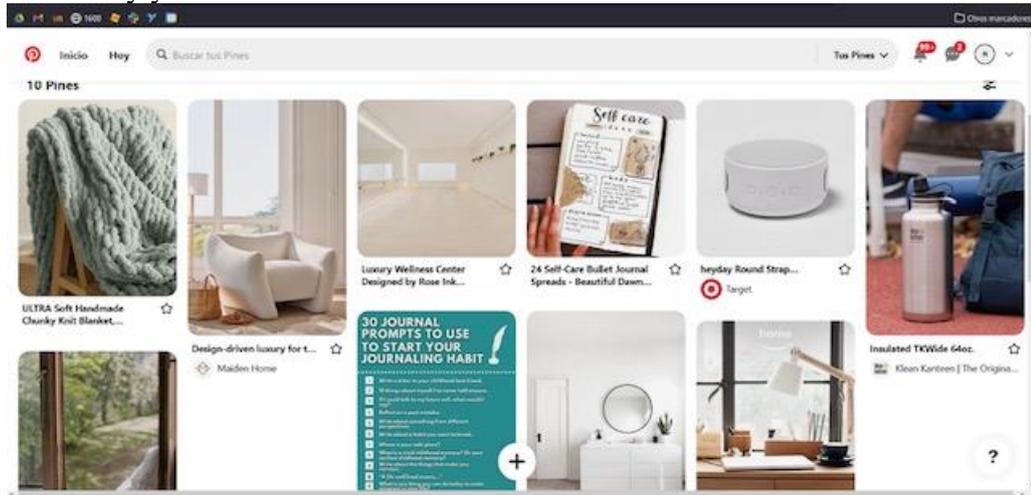


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- Curate a photo collage or Pinterest board that includes at least 10 aspects you would include in this space to enable you to best tap into mindfulness.
- What would help you destress or create a soothing environment? Include a note about why you included each item.



1. Cozy blanket. I would like to have my room from 17 to 20°C (kinda the temperature in Lima, Peru during the Spring/Fall (without heater or AC), so this blanket would cover myself.
 2. A big window in front of the desk where I can see nature from.
 3. Small couch, I would like this place to be private, so I will only have one sit apart from the desk sit. Here I could read, reflect or just rest.
 4. I would love my Self-care sanctuary to be spacious enough for mt to dance inside it.
 5. The room itself and the items should be white and with very little sources of distraction. I would love to focus fully on myself and the activity I am performing, so I would like it to be fully white.
 6. I would have a speaker. I would avoid taking my phone or my laptop inside the room, so I would try to have my playlists ready to just use a pen drive or Bluetooth.
 7. My water bottle, because I love being hydrated.
 8. A desk! This would be positioned in front of the window and would allow me to journal confortably.
 9. A journal...to journal
 10. Prompts to guide my journaling until I become consistent with my journaling practices. I found this list very interesting, I will commit once the Project Green Challenge is done.
- Afterwards, write a brief reflection on your experience. How did it feel creating a sanctuary? How do you plan on using it and the knowledge you acquired moving forward?

I think that this activity showed me what I truly consider helpful to relax. I think all of us need to have that safe space where we can stop moving with the fast pace of live and enjoy some time with ourselves. I will definitely include this design into my perfect house goal and try to recreate it in every space I live in. I am trying to figure out where could I replicate that here.

Additionally, I think this practice would be very helpful for me because I have effectively assigned spaces to “moods” in order to be more productive. For example, I have a favorite spot at the library where I can focus so well. Loved this activity! Thank you.

