

PEACEFUL PACIFIC

a self - care app

START YOUR JOURNEY

WHAT IS SELF-CARE?

WHAT ARE PACIFIC
ISLAND ENDANGERED
SPECIES?



Tips shared by
pacific island
endangered species



WHAT IS SELF - CARE?

Self-care is when you take actions to improve your own wellbeing. It involves recognizing your needs and addressing them. It means putting your personal concerns first, guilt free. Self-care is not a selfish thing— it is something everyone deserves. Recently, self-care has become a buzzword, gaining traction on social media and other similar platforms, yet its meaning is not often properly understood.



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ENDANGERED PACIFIC ISLAND SPECIES

Pacific islands are home to some of the most beautiful and biodiverse yet vulnerable wildlife.

Pacific islands are drastically impacted by human activities such as overfishing, deforestation, and negligent tourist industries.

Unfortunately, this has led to hundreds of species classified as “endangered” in these islands. In recent years, climate change (along with rising sea levels), has been a major threat to all sorts of wildlife, especially impacting marine & island-dwelling species.

CLICK HERE TO READ MORE ABOUT ENDANGERED PACIFIC ISLAND SPECIES!

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How are you feeling?

I'm feeling ...

ANXIOUS.



TIRED.



UPSET.



POSITIVE.



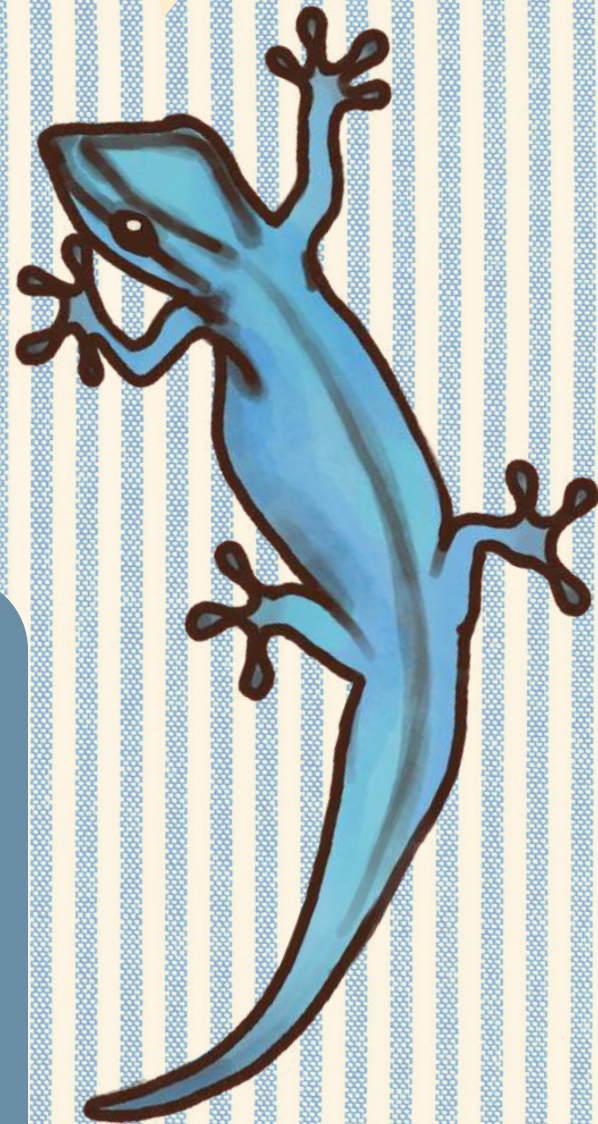
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Hey there! I'm **ZIPPY**, a turquoise dwarf gecko. It's great to meet you! A little birdie told me you've been a bit **worried** recently.

Don't fret! I've got you covered. Here's a curated list of self-care to ease your mind that I totally think is worth a shot!

~ ZIPPY'S ADVICE FOR STRESS ~

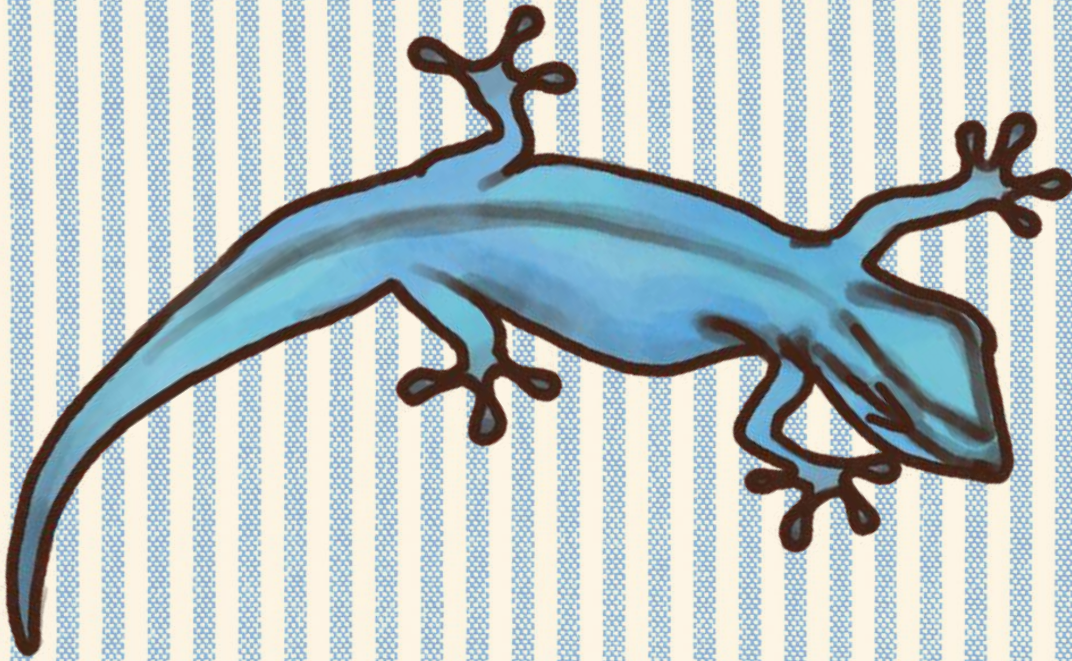
- TUNE IT OUT! 🎵
- GO FOR A NATURE APPRECIATION WALK!
- JOT DOWN YOUR CONCERNS, THEN FOLD THE PAPER INTO ORIGAMI!
- WATCH THE CLOUDS AS THEY COME AND GO, JUST LIKE YOUR WORRIES



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Unfortunately, it's lunchtime for me. Before we part, you can leave your thoughts here for me! Hey, you can tell me anything, I won't judge. It was great talking! I'll save you some bugs!



LEAVE ZIPPY A NOTE HERE!

SEND TO YOUR REPTILIAN FRIEND

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Heyyyy thereee... I heard you've been feeling **tired** recently. Let me introduce myself first, I'm Snoozer, the Hawaiian monk seal.

As you can guess by my name, I'm an expert in the field. Lucky for you, I wrote down a few things that have helped me feel energized and taken care of.

Snoozer's Guide to Recharging!

- Eat some healthy and tasty snacks!
- Take a quick nap (30 - 60 min.)
- Open those windows and let fresh air in!
- Take a dive in the ocean (or a cold shower works too!)



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It appears I'm well overdue for a nap. While I'm dozing off, feel free to leave me a little note. You can tell me what's been tiring you, what you ate for lunch, seriously, anything. It was great talking. See you ... later... Zzz...

**LEAVE SNOOZER A NOTE
HERE!**

**PLACE UNDER SNOOZER'S
PILLOW**



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Hello there! I'm **Magnolia**, and my joey here goes by **Sweet Pea**. We're Goodfellow's tree kangaroos, always ready to lend a paw. I couldn't help but hear about your **frustration**.

As a mom, I get upset and frustrated all the time. I understand how you feel. I've been preventing myself from losing my cool. I made a list of things that I do for myself to calm down, I hope this will help you too!

Magnolia's Calm-Down Recipe

- Close your eyes and imagine a beautiful landscape
- Bake something from scratch
- Grab paper and pen, then doodle away
- Alternatively, WRITE away!
- Gather some flowers from outside and create pressed flowers



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Oh sweetness! I just remembered... I have to get little *Sweet Pea* ready for his play date today. Before we say our goodbyes, you're welcome to share what's on your heart with me! Remember, we're always just a hop away! It's been such a pleasure meeting you today!

LEAVE MAGNOLIA A NOTE
HERE!

SEND ❤️



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Hey there! I'm **Sunnie**, the kiwi bird from New Zealand! I reckon every day's sunny when you're feeling sunny! You know what's great about feeling **positive**? It's the perfect time to do little things for yourself to keep those good vibes going! I've got some great ideas for you to try out, if you'd like! I'll leave them right here.



Sunnie's Guide to Good Vibes ~

- Tidy up your favorite spot (in your house or outside!)
- Try making a comforting dish!
- Turn up the music and dance to your favorite tune! (I like hapa kapa!)
- Close your eyes and feel the sun warm your face
- Ring a friend that makes you smile!

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What a great time we've had here! I can feel the evening breeze kick in, that's my cue to head home for dinner! Before I take off though, you can leave me a little message! Write what you'd like! Hey, add journaling to that list!! Keep spreading those good vibes

**LEAVE SUNNIE A NOTE
HERE!**

**DROP IN SUNNIE'S
MAILBOX**



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