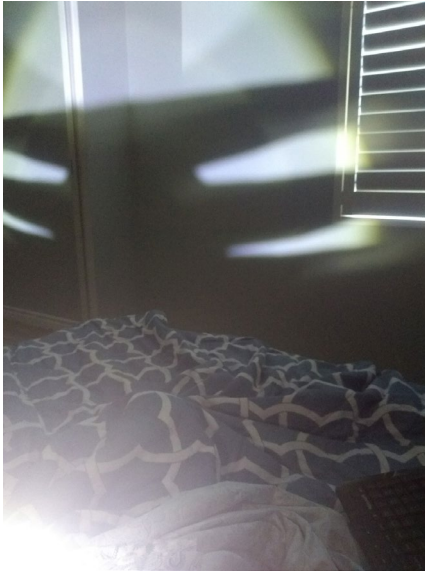
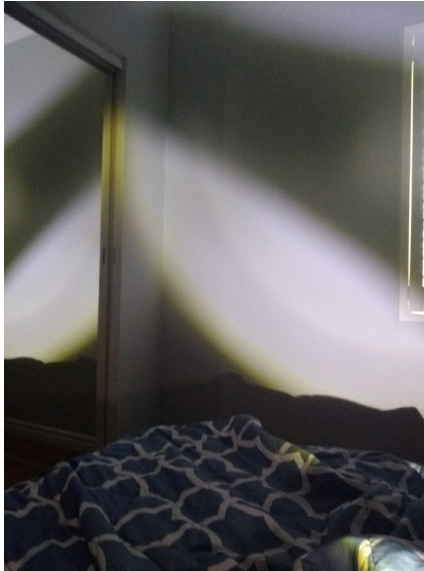
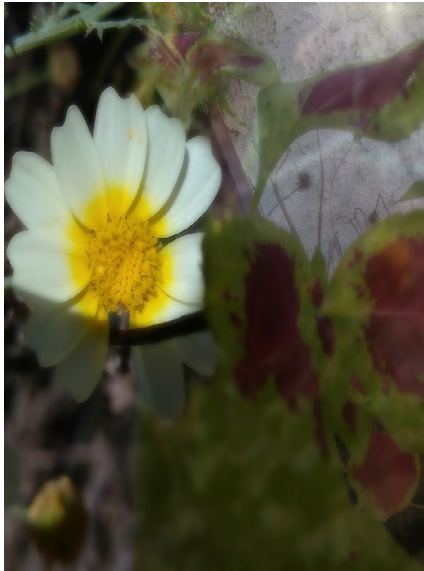
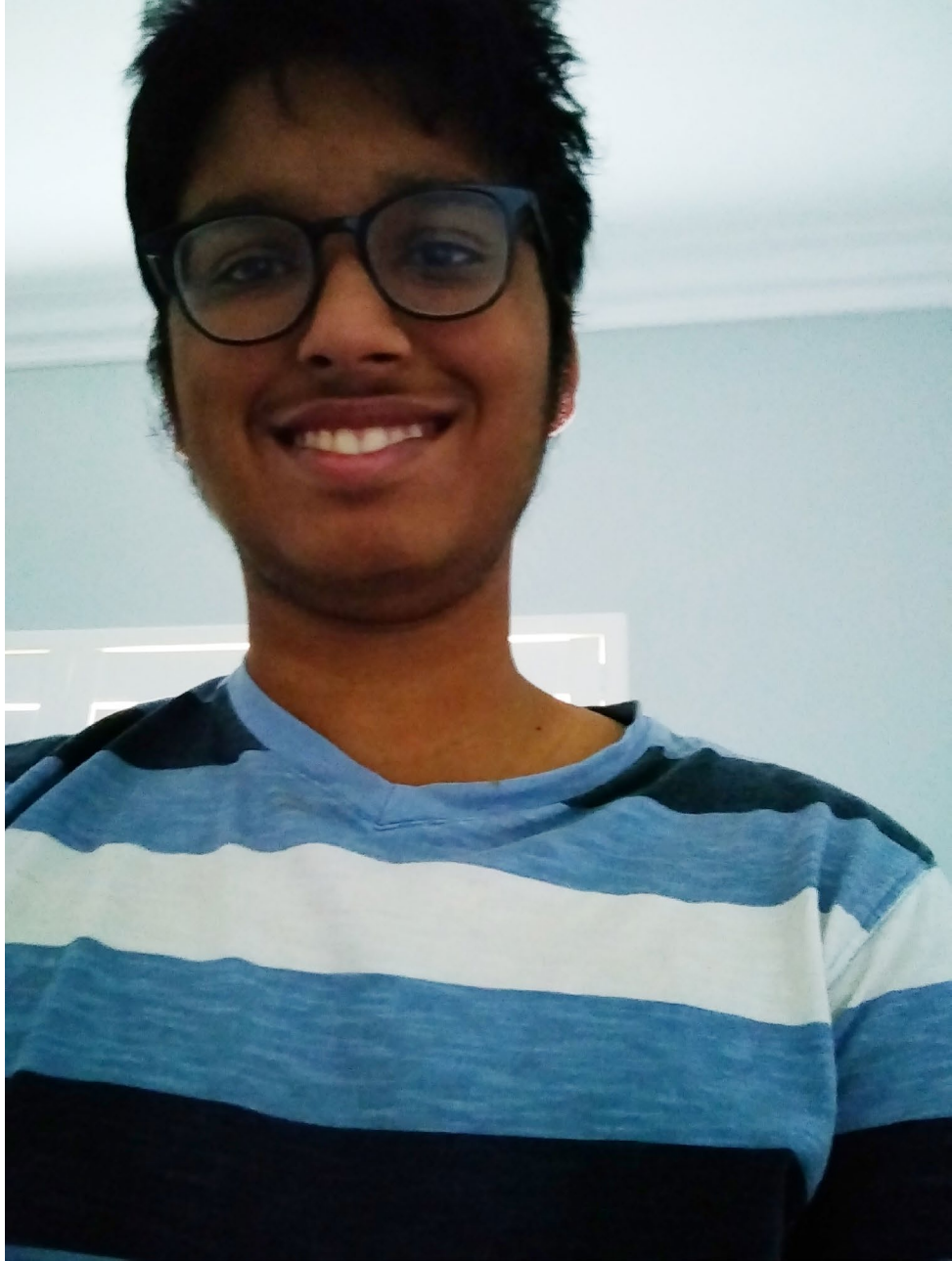


Isabella Sotelo



Jerin Philip



JERIN PHILIP

"THE BEST WAY TO FIND YOURSELF IS TO
LOSE YOURSELF IN THE SERVICE OF OTHERS."

—MAHATMA GANDHI



DUE TO COVID I COULDN'T DO A LOT OF THINGS I ENJOYED, ONE OF THOSE THINGS BEING TRAVELLING. I WAS STUCK AT HOME FOR THE MOST PART. BY THE END OF SEPTEMBER, I HAD THE OPPORTUNITY TO GO TO SAN DIEGO WITH MY FAMILY, AND THESE PHOTOS TELL THAT STORY.





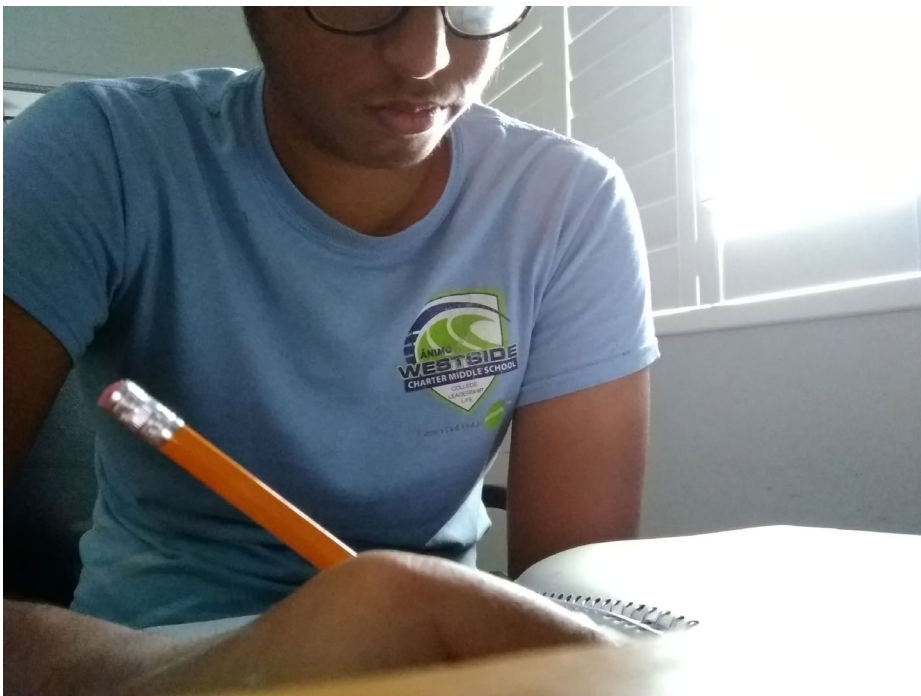
I DEFINITELY NEEDED A BREAK FROM ZOOM CLASSES, AND THE PANDEMIC. LOOKING AT THE OCEAN AND GOING TO DIFFERENT LANDMARKS MAKES ME FEEL RELAXED, SOMETHING I DEFINITELY NEEDED.





$$\frac{11811}{105} = 0.925$$

AS A SENIOR THERE HAVE BEEN A LOT OF THINGS GOING ON FROM COLLEGE APPLICATIONS TO A RESEARCH PAPER. I FEEL WAY TOO TIRED FROM THE OVERLOAD OF WORK.







AS

A

RESULT

OF BEING

STRESSED

OUT

EVERYTHING

AROUND ME

FEELS

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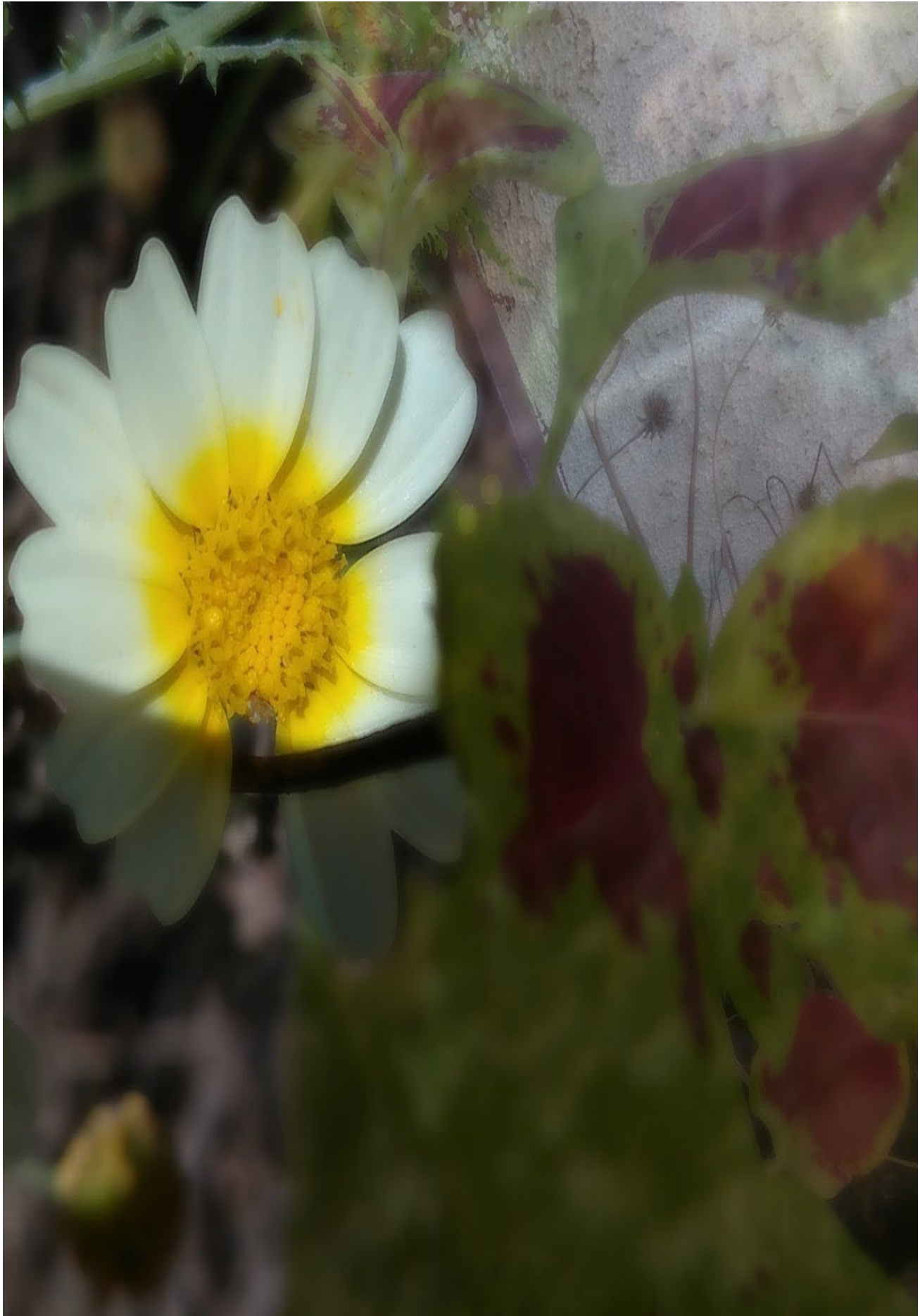
Z ED



EVEN THOUGH
I FEEL
STRESSED OUT,
I CAN FIND
SOME TIME
TO RELAX..

THESE PHOTOS ARE ME
RELAXING, MAKING
SHADOWS, TRYING TO
DE-STRESS.





Serenity

Peace

Natural Beauty

Elegance

Poise

nature helps me to feel calm

Isabella

Sotelo



It was a peaceful and relaxing day. When I looked at the apples and the lighting behind them, it made me feel calm.



When my family has time to go out, our usual place to go is Kenneth Hahn Park. We take a hike around the area, look at the plants and animals, and enjoy each other's company. Whenever we are on a hill, I like to take in the view of the vast area in front of me. I end up taking a picture so I can embrace the view whenever I feel down.



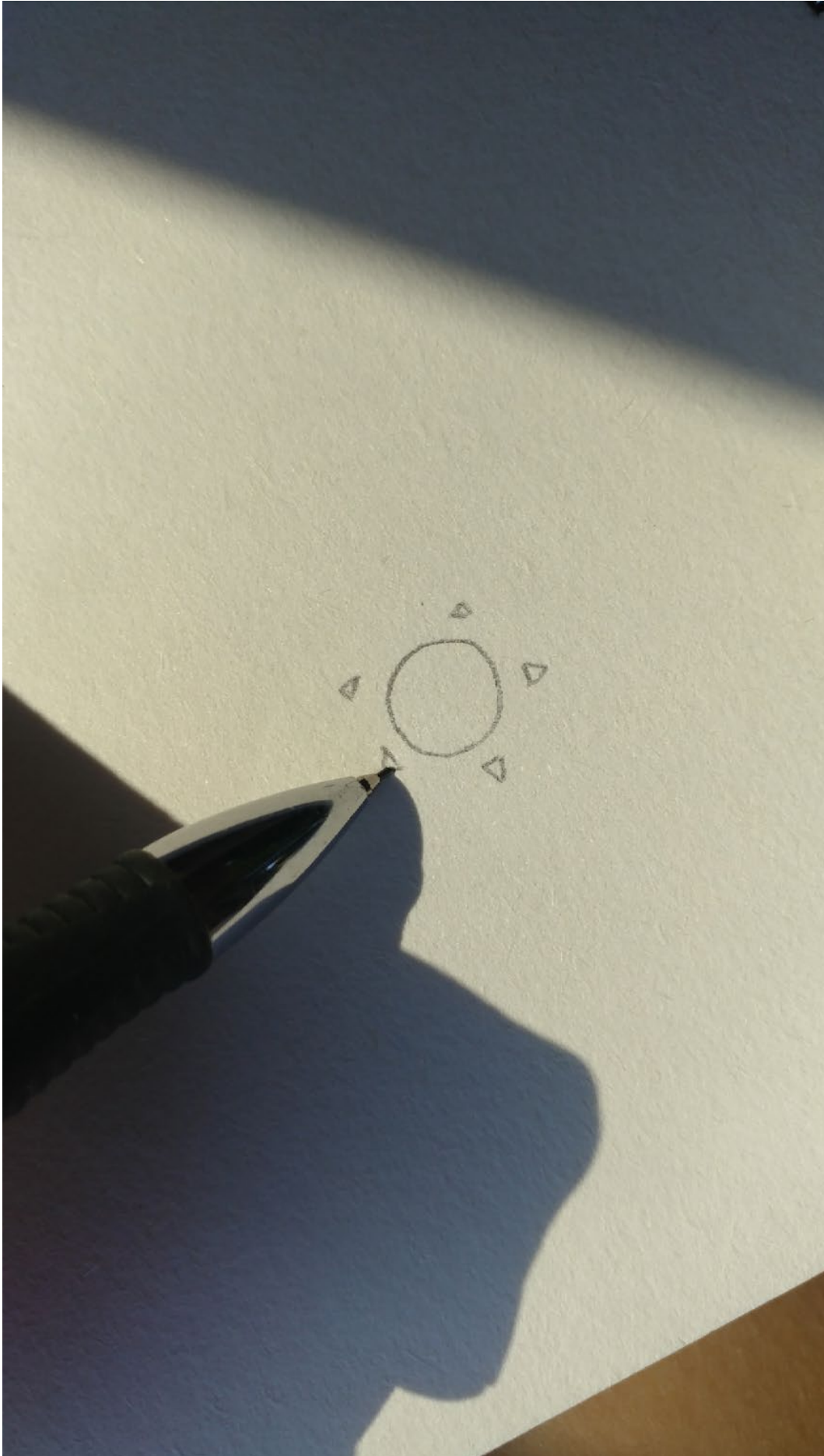
During quarantine, I've decided to test some things I haven't tried before. In this case, it was yoga. I've always wanted to try this activity as it is associated with the alluring part of life.

The first time I tried yoga was a bit challenging. However, I wasn't upset about it since it was my first time. As the days have gone on, I have become better and it has opened up a new point of view in my life.





Gardening has helped me to stay calm and bring me peace. One day, while I was watering my succulents, I saw some snails wandering around in search of food. I thought it would be nice to give them some cucumbers so they wouldn't go on empty stomachs (and so they wouldn't eat my plants). From then on, it became a part of my usual schedule.

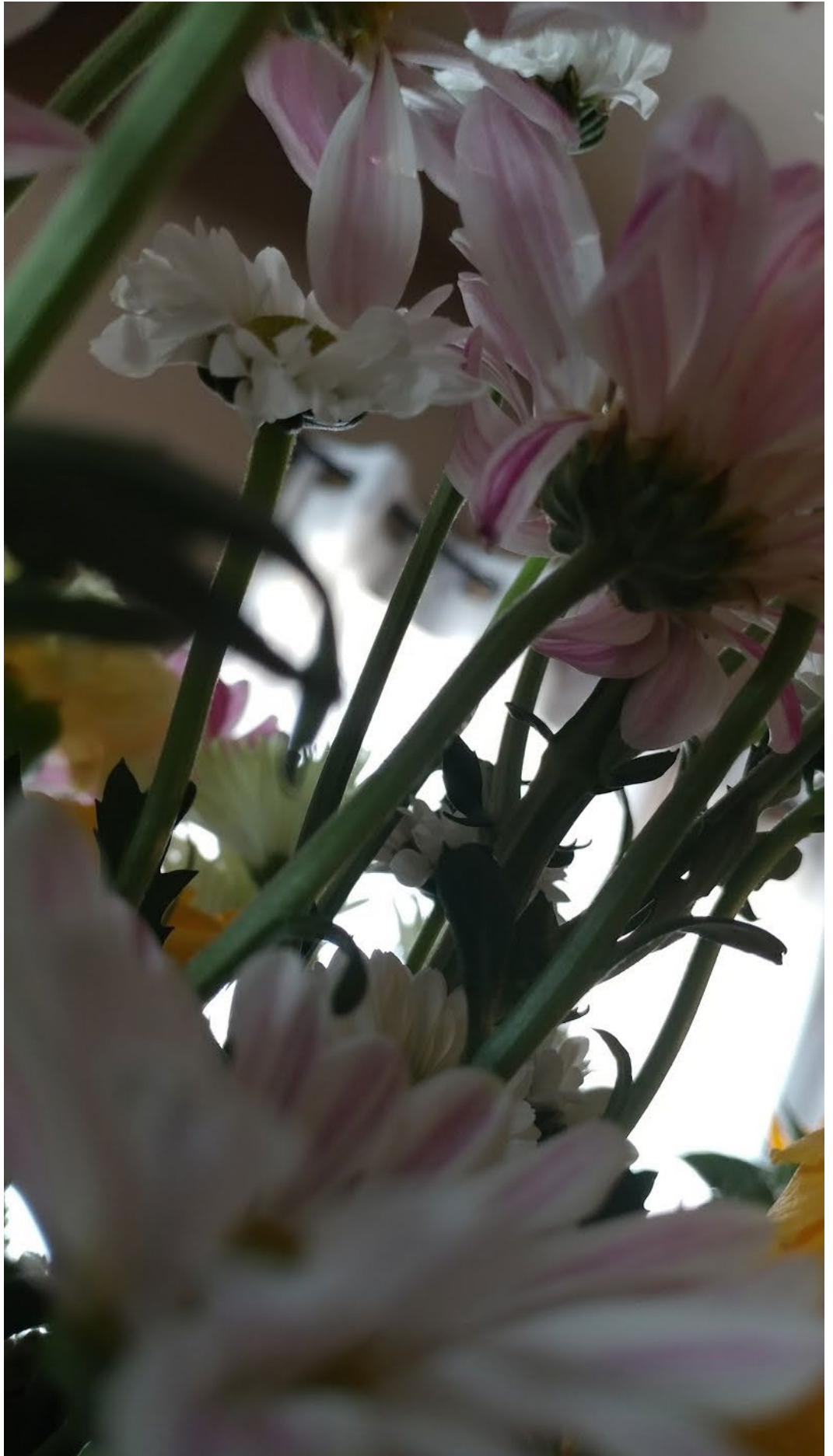


**“Art enables
us to find
ourselves and
lose ourselves
at the same
time.”**

-Thomas Merton



**My mother has always admired
plants and nature. The ways she puts
plants in our home relaxes me,
makes me feel I'm in a safe place.**





**“When darkness branches to your
soul, light still finds a way to rise”**

Angie Welland-Crosby

