

## I AM FINDING SATISFACTION IN MANUAL TASKS

I am finding satisfaction in manual tasks, enjoying the tangible feeling of creating and working with my hands. Whether gardening, cooking, or repairing, these activities ground me in the present moment and provide a sense of accomplishment.

Gardening lets me nurture life, cooking transforms simple ingredients into nourishing meals, and repair reminds me of my resourcefulness.

These tasks connect me directly to the physical world, offering a refreshing break from the abstract nature of the digital environment. By engaging in hands-on activities, I find balance and fulfillment, appreciating the process and the results.

They allow me to slow down, be present, and experience the joy of creation. Through these manual tasks, I am not just completing chores –I am building a deeper connection to myself and the world around me, finding peace and purpose in the simplicity of doing.

## REFLECTION QUESTIONS

**1**

What hands-on activities do I find most rewarding?

**2**

How can engaging in manual tasks benefit my mental health?

**3**

How do these activities connect me to the environment or community?