

NEARBY NATURE'S POWER TO HEAL

How Community-Led Reflective Greenspaces
Improve Mental and Physical Health for All



Nature Sacred

Americans' Mental Health is in Peril

27.8%

of US adults recently surveyed reported feelings of depression vs. 8.5% pre-COVID.¹

31%

of Black Americans personally know someone who has died from COVID.²

84%

of US physicians recently surveyed reported experiencing severe or close to severe stress due to the pandemic.³

1. Ettman CK, Abdalla SM, Cohen GH, Sampson L, Vivier PM, Galea S. Prevalence of Depression Symptoms in US Adults Before and During the COVID-19 Pandemic. JAMA Netw Open. 2020;3(9):e2019686.

2. Goldstein, A. and Guskin, E. (2020, June 26) Almost one-third of black Americans know someone who died of covid-19, survey shows, *Washington Post*.

3. Primary Care & COVID-19: Week 9 Survey. (2020, May 13.) Primary Care Collaborative.

A photograph of a lush green park. In the center-right, a woman in a blue shirt sits on a curved wooden bench, reading a book. The park is filled with tall, leafy trees and several large, dark, irregularly shaped rocks scattered across the grass. The lighting is soft, suggesting late afternoon or early morning. The overall atmosphere is peaceful and contemplative.

Sacred Places

Green spaces designed with a specific purpose: to provide mindful reflection and solace to intentionally improve health & wellbeing.



Guiding Principles of a Sacred Place

open

Physically open and accessible to visitors regardless of race, creed, background or beliefs — all are welcome.

nearby

Located within the neighborhood it serves — closeby.

sacred

Designed to bring respite, encourage mindful reflection, engender peace.

community-led

Built for and by the community it serves; reflective of place, story and culture.



The Firesoul

5 Elements Guide Our Community-Led Design



Choose Life Memorial Garden, Baltimore



A Nature Place, Legacy Hospital, Portland, OR



Mount Olivet Cemetery, Washington D.C.



Butterfly Garden, Joplin, MO



Sacred Places are multiplying across the US





Science Has Spoken



Thousands of Journal Entries

The most compelling evidence of all.

THIS DAY I SIT HERE - THE DAY FIRST IN MY LIFE I GO THROUGH A WORLDWIDE PANIC. LIFE HAS TAUGHT ME, FROM INTERNATIONAL TRAVELS AROUND THE WORLD, THAT WE ARE FRAGILE. MENTALLY & PHYSICALLY, AS WE ARE POWERFUL IN THE STATE OF PROGRESS.

WE ARE ALL VICTIMS, WE ARE ALL FIGHTING TO THRIVE.

THIS IS THE TIME FOR GREATNESS TO TRULY SHINE OVER THE EVIL THAT WILL OVERWHELM THROUGH PANIC.

TIME WILL SHOW AGAIN & AGAIN THAT WE ARE WHO WE ARE, INDIVIDUALLY, AS A FAMILY, AS A COMMUNITY & AS A SPECIES.

naturesacred.org I HAVE HOPE FOR KINDNESS. I HAVE HOPE FOR US.

-YOO, HALCYON.

Bring a Sacred Place to Your Community

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