NEARBY NATURE'S POWER TO HEAL

How Community-Led Reflective Greenspaces Improve Mental and Physical Health for All
Americans' Mental Health is in Peril

27.8% of US adults recently surveyed reported feelings of depression vs. 8.5% pre-COVID.  

31% of Black Americans personally know someone who has died from COVID.  

84% of US physicians recently surveyed reported experiencing severe or close to severe stress due to the pandemic.

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.
5 Elements Guide Our Community-Led Design

- Portal
- Path
- Destination
- Surround
- Nature Sacred Bench
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
The most compelling evidence of all.

Thousands of Journal Entries
The most compelling evidence of all.
Bring a Sacred Place to Your Community

Naturesacred.org