Nature Sacred



Your guide

TO PROGRAMMING

Healthcare Sacred Places

Inspiration and ideas to help you maximize programming and activate the Sacred Place on your healthcare campus.

Nature Sacred can support these ideas events and programs through our Enrichment and Enhancement Grants Program

let's brainstorm...

As a Firesoul, you deeply know the significance and programmatic potential of your Sacred Place. Yet, for many of us, knowing something is not synonymous with knowing how to take full advantage of the possibilities. Browse through this guide for a snapshot on the creative ways that Healthcare Firesouls have programmed their Sacred Places in the past.



Stargazing

Just a moment in the sunshine can help to reset your mood and change your perspective, but hardworking overnight nurses and staff aren't always able to visit their Sacred Places to feel the sun on their face or see the blue sky. Stargazing events encouraged nighttime staff to take a moment of respite amidst their busy shift. What a creative way to maximize the use of the space at any hour!

Pet Therapy

Increasing in popularity in schools and workplaces across the country, animal therapy is sure to delight even the busiest of nurses. Just a couple of minutes with a furry friend can do wonders for the psyche.





Seated Massages

In the past, Firesouls at Healthcare Sacred Places have brought in massage chairs and certified massage therapists to serve the hospital staff in their Sacred Place.

Providing drop-in times for just 20 minute massages can quickly restore and rejuvinate your staff



Caffeinate and feed your staff!

Encourage your staff to spend their breaks outdoors and connect with each other instead of in the break room. Remember, enrichment grants can support catering for this type of event,



Horticulture Therapy

Just a few potted plants or raised beds can serve as horticultural therapy assets. Whether you're targeting patients or staff, nature fosters contemplation, rumination and can be a great therapeutic tool. From workshops to guided horticultural therapy sessions, a few minute connecting with the earth is a great way to ground and reset.



Connect with counselors and chaplains

Sacred Places provide a peaceful and contemplative setting for patients and staff to connect with counselors and chaplains. A change in scenery and reconnecting with nature can be a valuable asset in therapeutic care.



Yoga in the Garden

Promote mindful movement with yoga in the garden. Blend yoga and mindfulness programming to help staff, patients and visitors re-center and restore, while providing tools to practice mindfulness everyday. Peruse our list of preferred instructors in the Resource Center of the Firesoul Gateway.

Celebrations and gatherings



Birthdays, holidays, retirement parties and more! Sacred Places are a fantastic place to gather and celebrate. Juneteenth, Valentine's Day, Earth Day, and Halloween are just some of the holidays that Firesouls have celebrated with their communities, in their Sacred Places. Providing food, games, live music, cultural history and more encourages the community to learn and celebrate while also strengthening community bonds and cohesion.



Healing art classes

Expressing your creativity relieves stress and clears the mind. From painting workshops, flower pressing, mandala drawing and more, there are so many creative activities and workshops that can be brought into a Sacred Place.



Pop-up concerts/musical performances

Like nature, music is not only a beautiful, but can actually improve health outcomes. New studies show that listening to music can benefit those suffering from conditions such as Alzheimer's, Parkinson's, stroke and even traumatic brain injury. Providing live music for your community, in your Sacred Place not only heals and promotes restorative relaxation, but also encourages the community to spend time away from the intensity of everyday life, slow down and embrace the fresh air.

Community Days and Cultural events



Community festivals and celebrations Encourage your community to come together in your Sacred Place by hosting a community festival or celebration. From vigils and performances to lunch socials, there are so many creative ways to bring people together to learn, share and enjoy each others' company in your Sacred Place. Community days are also a great way to share resources, including information on public health fairs, blood drives, vaccination clinics, charity drives and more.



Labyrinth Walks

Many of our Sacred Places include a Labyrinth. Johns Hopkins Hospital in Baltimore is one of our most active labyrinth sites. Labyrinths have been used as a meditative and spiritual tool for centuries. Designed for contemplation, labyrinths bring much-needed healing and solace to their visitors. Spending time in nature and walking a labyrinth restores the spirit and calms the mind. Labyrinth walking can be a tool to clear the mind, calm anxieties during periods of transition and stress, guide healing, deepen self-knowledge, enhance creativity, allow for reconciliation, and restore feelings of belonging and community. Many Sacred Places in the Network include a labyrinth as a permanent site feature. **If your Sacred Place does not have a labyrinth, visit the Firesoul Gateway to request our canvas labyrinth for programming.**



Pictured:
Johns Hopkins Hospital traveling Wellness on the Labyrinth programming

Looking for more ideas and inspiration?

Visit the Firesoul Gateway!

Your personal portal to all things Nature Sacred

- Request grant funding
- Find additional programmatic resources and inspiration
- Request new journals and bench maintenance
- View and add to a shared calendar of events
- Connect with fellow Firesouls

Sign in to your Gateway account

Or create your account at
www.naturesacred.org/register

Nature Sacred Support

Nature Sacred is here to support your activities and events! We can help with:

- Brainstorming ideas,
- Connecting you to other Firesouls and helpful resources,
- Funding with Enrichment and Enhancement grants.

Let's connect

Hannah Spirt-Jones
Programs Manager, Nature Sacred
hspirt-jones@naturesacred.org
410.268.1376 ext. 5



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