

## PROJECT SUMMARY

California State University, Sacramento, with its diverse student body and rigorous academic programs, presents an environment where stress and mental fatigue are common. To address these challenges, my proposal introduces a Healing Garden—an innovative sanctuary that integrates therapeutic landscape design with educational opportunities. This garden is not just an antidote to academic stressors but also a vibrant living classroom that promotes mental health, fosters learning, and nurtures environmental stewardship.

## BACKGROUND

- Sac State requires a space to alleviate mental fatigue and enhance educational outcomes using nature's therapeutic effects.
- Healing gardens have been used historically in monastic courtyards and hospital settings for their restorative benefits.
- While Sac State has green spaces, it lacks areas specifically designed with therapeutic landscape principles to reduce academic stress.
- The Healing Garden will provide a therapeutic refuge and a dynamic educational tool, supporting Sac State's commitment to sustainability, mental health, and academic excellence.

## OBJECTIVES

- Create a therapeutic and engaging landscape.
- Support interdisciplinary learning and research.
- Promote mental health and well-being.
- Enhance campus biodiversity and sustainability.
- Foster community engagement and inclusivity.
- Contribute to the university's legacy.

## PROJECT DEVELOPMENT

**Project Scope:** Creation of diverse garden zones for contemplation, active learning, and community engagement on campus grounds.

**Parameters:** The garden covers an area tailored to available space, with designs adhering to sustainable landscaping principles.

**Current Activities:**

- Selection of plant species
- Initial discussions with facilities



## Expected Benefits:

- Mental Health Improvement
- Educational Enhancement
- Environmental Awareness
- Community Building
- Research Opportunities
- University Legacy

## POTENTIAL CHALLENGES

- Funding and Budgeting
- Climate Suitability
- Long-term Maintenance
- Community Engagement
- Regulatory Compliance
- Integration with Curriculum

## NEXT STEPS & FUTURE PLANS

- Finalize Design
- Secure Funding
- Begin Construction:
- Develop Educational Programs
- Expand Community Involvement:
- Long-Term Maintenance Planning
- Evaluate Impact
- Explore Expansion Opportunities

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