



FOR IMMEDIATE RELEASE

Taking on the Era of Distraction and Climate Anxiety, Mindful Pocket Park Opens
The non-profit green space is designed using neuroscience and a growing body of research about the benefits of nature and mindfulness

MIAMI (April 14, 2023) – The world’s first [Mindful Pocket Park](#), a nature-based sensory experience located within the 20-acre [Patch of Heaven Sanctuary](#) in the Redland Agricultural Area south of Miami, officially launches **April 21 from 3-7 PM**. Celebrating **Earth Day weekend**, a VIP open house and ribbon-cutting is planned featuring the park’s signature multi-sensory journey founded on the premise of taking “the Nature Pill” to reduce anxiety and increase calm. Conceived by Patch of Heaven’s Chief Experience Officer, Suzanne Jewell, a certified mindfulness teacher through the UC Berkeley Greater Good Science Center/Sounds True training program, it represents innovation at the intersection of science, horticulture, environmental awareness, and attention-training skills.

Mindful Pocket Park Founder Jewell, a former global TV marketing executive and burnout survivor, has introduced nature-based mindfulness and transformational leadership training as her version of the “Nature Pill” to major organizations throughout South Florida such as eMerge Americas, The Idea Center at Miami Dade College, Chapman Partnership for the Homeless, and Televisa/Univision. The “Nature Pill”, coined by University of Michigan ecologist and landscape architect Mary Carol Hunter, identifies a minimum of 20 minutes of nature immersion to reduce the stress hormone cortisol. With the ribbon-cutting next Friday, this innovative experience will be available to all.

For the VIP open house and ribbon-cutting, guests will embark upon a deep dive into the educational awareness of “all things green”, from the interactive museum modules about Patch of Heaven Sanctuary to the science behind this innovative wellness destination that is nature-based mindfulness. Jewell calls it “taking the Nature Pill”. The grounding technique known in cognitive behavioral therapy as 5-4-3-2-1 invites a learning experience of gathering and collecting one’s attention using the Five Senses as the anchor, or focus.

Making the cut from a pool of 38 non-profits, the Mindful Pocket Park project at Patch of Heaven Sanctuary was chosen in October 2022 by the Greater Miami Chamber of Commerce Leadership Miami program to help activate this novel wellness experience. More than 77 volunteers broke ground on the regenerated nature preserve next to the old-growth hammock forest and dwelling that originally belonged to the founders of Key Biscayne, the Matheson family. Patch of Heaven Sanctuary focuses on four of the United Nations Sustainable Development Goals with a guiding mission to support Good Health and Well-being (3), Sustainable Cities and Communities (11), Climate Action (13) and Life on Land (15).

Amid an unprecedented mental health crisis fueled by the pandemic, catastrophic natural disasters, gun violence, rapid urbanization, and other traumatic events,¹ more people are seeking mental wellness support.² Moreover, there is now an established link between mindfulness and compassion practices in

¹ <https://www.nytimes.com/2022/09/20/health/anxiety-screening-recommendation.html>

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<https://www.usatoday.com/story/news/health/2022/09/18/more-adults-received-mental-health-treatment-over-past-two-years/10369715002/>

restoring the kinds of connection to others and nature that are fundamental to implementing genuine, transformative climate action.³

“The Mindful Pocket Park prioritizes what lies at the core of the climate crisis; that of disconnection. We are disconnected from ourselves, from one another and from the natural world which is the one neighborhood we all share, that of Earth. Inviting new ways to experience the tools of resourcing human resilience through emotional intelligence, mindfulness, self-care, and stress management, promotes community and elevates sustainable and eco-centric mindsets,” said Jewell. Proof the “Nature Pill” works are the 14,000 daily visitors who walked the grounds of Patch of Heaven Sanctuary last year with more than 500 investing in nature-based mindfulness retreat experiences.

The Mindful Pocket Park at Patch of Heaven Sanctuary is located at **21900 SW 157th Ave.**, at the southern edge of Miami-Dade County, located in the City of Miami. The historic agroforestry site has roots as old as the trees themselves – over 100+ years of hammock that is subtropical and unique to South Florida. The rewilding, forest generation and historic building preservation activities onsite have taken over 14 years. Patch of Heaven Sanctuary is a stellar example of private non-profit conservation, regeneration, and now, reconnection for humans to nature.

To learn more about the Mindful Pocket Park at Patch of Heaven Sanctuary follow us on Instagram @mindful.pocket.park and @patchofheavensanctuary, as well as @mindfulmorningsmiami. Groups and individuals interested in scheduling a nature immersion experience or corporate/team mindful transformation retreat can contact suzanne@patchofheavensanctuary.org. Suzanne is also available to speak about the benefits of nature-based mindfulness.

Media interested in attending the April 21 event are encouraged to register at the link below, there will be a lottery for the public alongside the private VIP invitations. Purchasing a membership at Patch will guarantee an invitation. Earth Day Weekend culminates with a 100+ person mass mindfulness meditation in the Earth Circle on Sunday, April 23rd at 3 pm, tickets are available on the website.

RSVP: <https://retreat.patchofheavensanctuary.org/mindful-pocket-park-launch/>

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³ <https://www.themindfulnessinitiative.org/Handlers/Download.ashx?IDMF=03e0639d-ea87-41be-9afc-eb687f32053a>