

OFFICIAL NATURE NERD

January—February 2025

New Year's Outdoor Report



SUICIDE PREVENTION:

Send text to 988 Or call - 1 (800) 273 - 8255

Substance Abuse and Mental Health Services Administration

call SAMHSA @ 1 (800) 662 - 4357

- SURVIVAL BASICS AT A GLANCE - page 6**
- CREATION INFORMED CARE - page 10**
- SADNESS: A NEW PERSPECTIVE - page 9**
- PHOTO GLOSSARY OF GEOGRAPHY TERMS - page 14**

January is

National Mentoring Month
Cervical Cancer Awareness

FEBRUARY is

American Heart Month
National Cancer Prevention Month

Eugene Bullard—The Black Swallow of Death
- the real life Forrest Gump



Page 3

Crisis hotline – text HOME to 741741



yieldcamp

WELLNESS. THROUGH. SERVICE.

Nature fosters:

Stress Reduction | Improved Mood | Lower
Blood Pressure | Sense of Belonging

Acts of Service Create:

Stress Reduction | Improved Mood | Lower
Blood Pressure | Sense of Belonging

do good.
feel good.
be good.

photo by: yieldcamp

EUGENE “Sparrow” BULLARD

The Black Swallow of Death



- **Worked as a longshoreman at age 12 to escape southern racism and flee to France.**
- **World’s first African American fighter pilot.**
- **The first and maybe only pilot to go into combat with a Capuchin monkey as copilot.**
- **Won the Legionnaire Award for valor in the French Foreign Legion.**
- **World Champion boxer.**
- **French spy against the Germans during World War II.**
- **Recruited Josephine Baker to be a spy.**
- **Employed Langston Hughes as a dishwasher in his Bar/club/restaurant.**
- **Best friends with F. Scott Fitzgerald.**
- **Ernest Hemingway based a character in The Sun Also Rises after Bullard.**
- **One of the most decorated men in the French military’s history.**



Sweetgum tree (Liquidambar)

Harriet Tubman used sweet gum balls to test those wanting to join the railroad.

Sweetgum Tree

Native to southeastern US, Central America & Mexico.

Harriet Tubman would make potential underground railroad travelers walk barefoot over a path of sweet-gum balls– knowing that they would be on the ground along their journey - to ensure that they were ready to make the trek and able to endure the challenging trip.

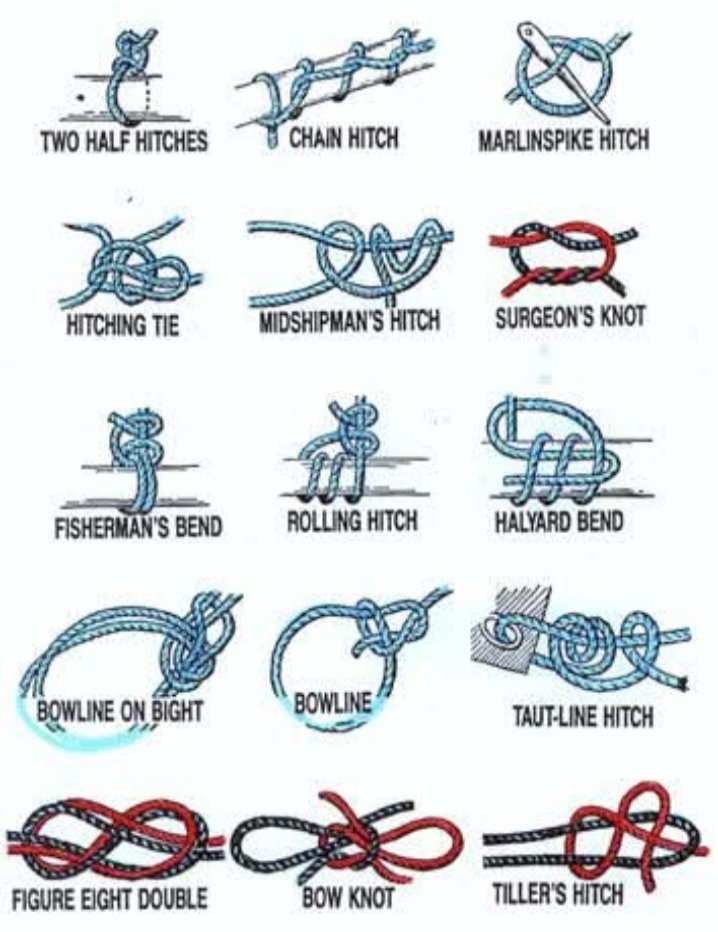
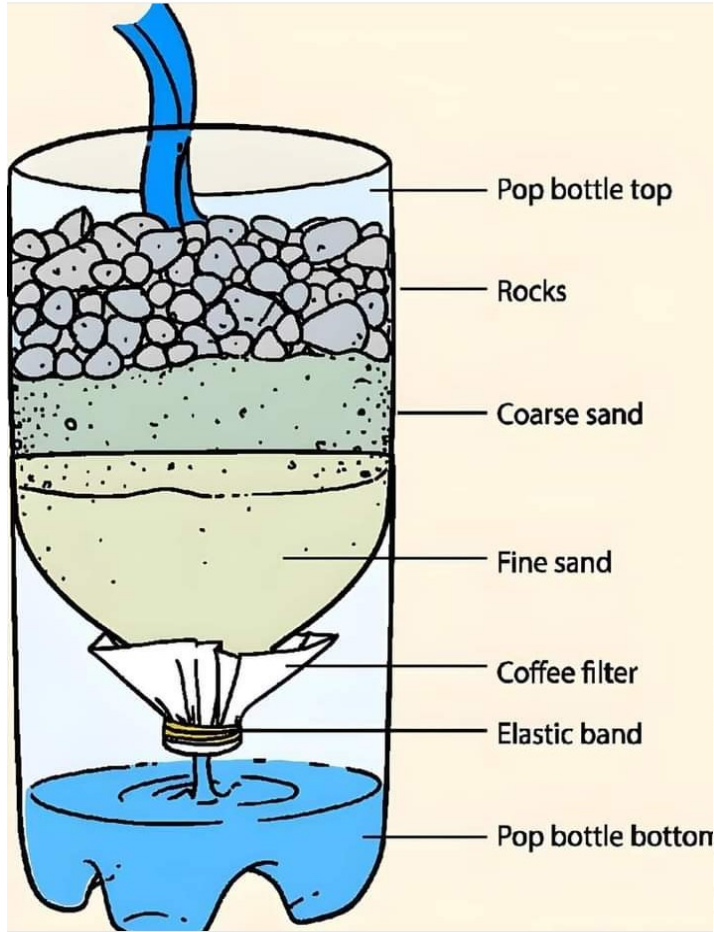
Often called the most dangerous tree in the forest.



Great blue heron (*Ardea herodias*)

- * North America's largest heron.
- * Standing over 4ft tall with a 6.6ft wingspan.
- * Though apex predators, they are not considered raptors like Osprey, Bald Eagles or Owls.
- * They are symbols of wisdom, patience, self-determination and self-reliance.

SURVIVAL BASICS AT A GLANCE



FILTERING WATER WITH A BOTTLE

KNOTS TO KNOW



IS YOUR WHEEL/WILL BALANCED?

A GOOD MECHANIC WILL TELL YOU THAT A BALANCED WHEEL MEANS LONGER LIFE, BETTER GAS MILEAGE AND LESS WEAR AND TEAR.



HOW TO RECHARGE YOUR BATTERIES

ENERGY TAKERS



- People pleasing
- Excessive screen time
- Fear, doubt, stress
- Overthinking
- Excessive scrolling
- Clutter and mess
- Not eating enough
- Dehydration
- Junk food
- Overworking
- Lack of exercise
- Sitting for too long
- Living in the past
- Setting unrealistic goals
- Living mindlessly

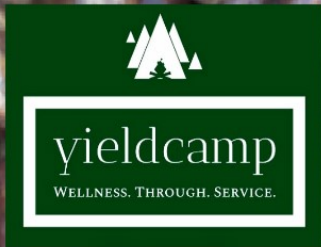
ENERGY GIVERS



- Sunlight
- Nourishing food
- Exercise
- Positive social media use
- Staying hydrated
- Fresh air
- Music
- Prayer/meditation
- Breathing deeply
- Love and intimacy
- Meaningful connections
- Self-care
- Proper rest/sleep
- Art/creativity
- Living in the moment

Did you know that all soil comes from rocks?

So no matter how hard that obstacle or challenge is, its destined to become come suitable for growth.



do good.
feel good.
be good.

Difficult times will always be a part of our lives. Whether it's through our family, friends and loved ones, or it's through our jobs, finances and life in general, difficult times will always come. But, every hard situation is perfect for growth of some kind.

Finding gratitude in our errors, anguish and regrets may seem silly, but they all contribute to who we are today - good and bad. Focusing on the good and realizing that bad times created them can contribute to healing.

Your gear is what you take with you on every journey.



So, check your G.E.A.R. before you go...

Gratitude for Errors, Anguish and Regret

Every cloud has a silver lining, even your darkest. Thanking the bad for the good it gave can begin to take away the pain.

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



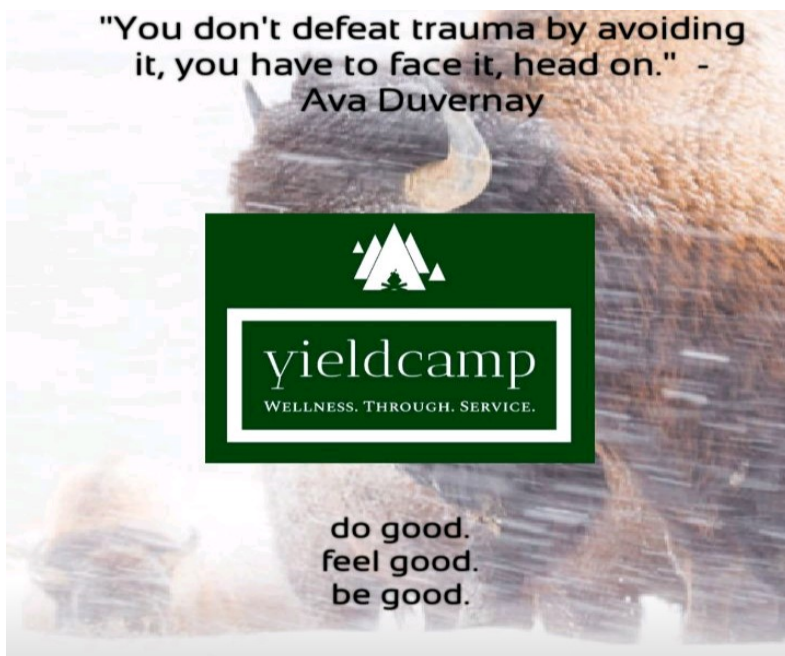
- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

CREATION INFORMED CARE

Shame, guilt, trauma and addiction are all rooted in our past. Spending time outside in nature can teach us how to remain in the moment and help us to be present everyday.



Creation Informed Care uses nature interpretation through the lens of scripture to extract life lessons and wisdom from the natural environment that are able to be applied to everyday situations or studied, developed and codified into sustainable health and wellness strategies for personal growth and holistic-care.

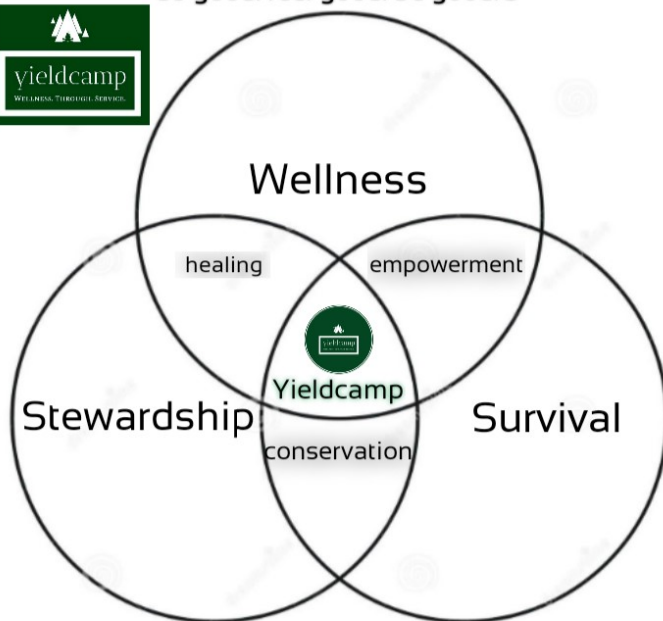


Buffaloes and Bison are one of the few animals that will face the storm and run into it rather than away from it. They do this because walking in the direction of the storm will lessen the amount of time that they will spend **in** the storm.

Mental Health and Wellness January / February



do good. feel good. be good.©



Yieldcamp, Ltd. 2024



AMERICAN HEART MONTH

Regular outside time, with movement, can help to reduce stress and hypertension as well as aid in significantly lowering blood pressure.

Walking and hiking in nature is a great way to get a supercharged-low impact workout.

Volunteering at your local park is a great way to get outside and infuse movement and exercise into your weekly routine.

Many volunteer programs are designed to help parks and nature centers handle their maintenance needs so there are several ways to get involved.

Archery is a great, easy and fun way to practice the basics of breath work, mindfulness and meditation which help to reduce stress and blood pressure.

Cervical Cancer Awareness Month

Nature Based Interventions (NBIs) are shown to have positive impacts on cancer related quality of life with reductions in cortisol levels, anxiety, immune system, T and NK cells.

MARYLAND WORD SEARCH

S H I N I N G S U M A C
E S U I E A Y T U M H T
A A T N B V Y V E I E D
W R U E A U X Q U I S N
I T M S Y R E A M N A A
R Q N I A C A D E M Y L
A C R A B S G I R D E Y
V O Y S T E L S A X A R
E W A T E R S H E D K A
N R E E F O M R I D E M
S J Z G B U K F L A G W

SEA
SHING SUMAC
OYSTERS
STREAM
BOSS

REEF
WATERSHED
FREE
EARTH
BAY

ACADEMY
AUTUMN
MARYLAND
NAVY
CRABS

RAVENS
EAGLE
VINES
NATURE
FLAG

Outdoor Exploration and Adventure BEST PRACTICES and SAFETY

NATURE NEWBIE CHECKLIST

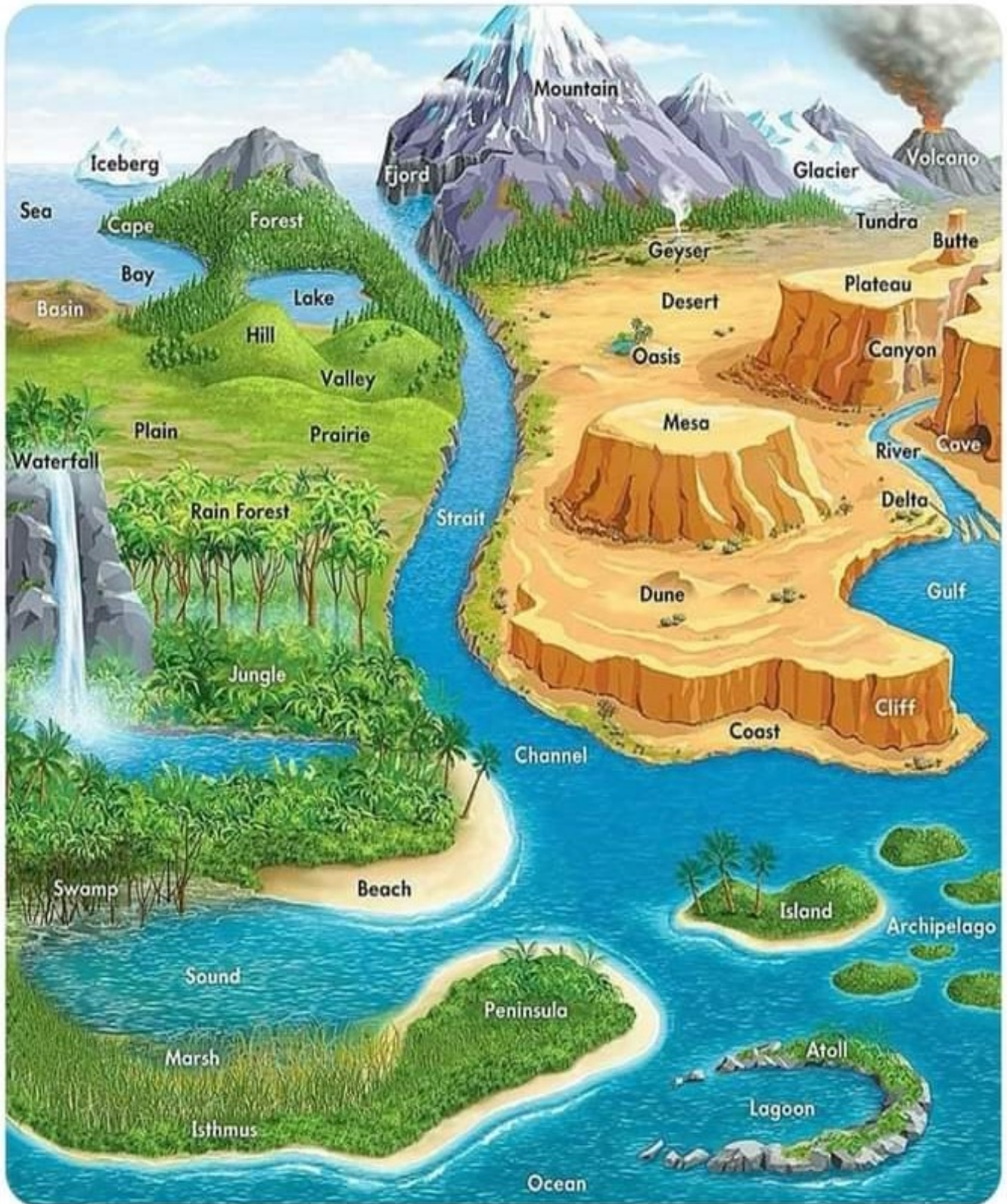


1. Never step ON anything that you can step OVER.
2. When looking under logs, roll them towards you, not away.
3. Add water, bug spray and a whistle to your first aid kit.
4. Make sure your cell phone is fully charged.
5. Make sure someone knows where you are and for how long.
6. Remove ear buds and be aware of your surroundings.
7. Where possible, use maps when hiking in a new area.

EASY WAYS TO CONNECT TO NATURE

- *Take a walk* in your neighborhood. Believe it or not, when you step outside you are in nature.
- *Have a picnic in the park* with family and friends. A quick and easy way to get nature immersion.
- *Do a 5-senses exercise/meditation* - 5 things that you see, 4 things that you hear, 3 things that you feel, 2 things that you smell and 1 thing that you can taste.
- *Find Your Treasure* - look for something in nature that resonates with you or makes you happy.
- *Self-Identification* - pick a word or phrase that describes you and look for that word or phrase in nature.
- *Color Count* - search for and count all the different colors you see, or different shades of the same color.
- *Take pictures* of trees, flowers and nature. Studies show that simply viewing nature photos is healing.

Here is a visual of every major geography term!



how to be a huggable tree

Be present.

Provide protection to the vulnerable.

Provide resources to the strong.

Provide rest to the weary

Give what you can.

Use what you have.



yieldcamp

WELLNESS. THROUGH. SERVICE.

do good.
feel good.
be good.

Helping others is the best way
for you to help yourself.

A tree stump and
a human fingerprint.

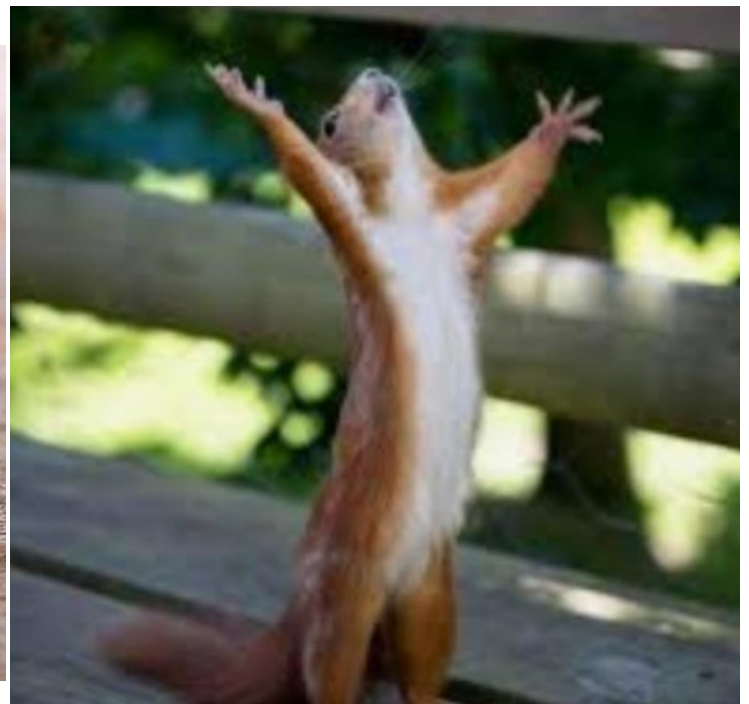


We are nature.

!TheMindJournal

You are the apex of creation,
And you are never alone.

Take care of yourself. We're cheering for you.





Leave No Trace & Relevant Life Lessons

PLAN AHEAD AND PREPARE

BE ORGANIZED

HIKE AND CAMP ON DURABLE SURFACES

BE IN ACCORDANCE

DISPOSE OF WASTE PROPERLY

BE A GOOD STEWARD

LEAVE WHAT YOU FIND

BE A PRODUCER NOT A CONSUMER

MINIMIZE CAMPFIRE IMPACTS

BE WISE

RESPECT WILDLIFE

BE COMPASSIONATE

BE CONSIDERATE OF OTHER VISITORS

BE RESPECTFUL