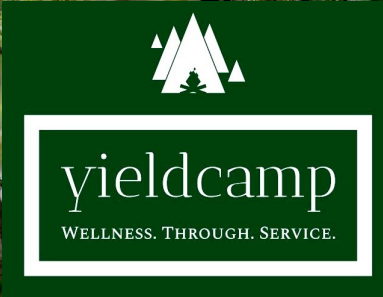


# OFFICIAL NATURE NERD

## *March—April 2025*

### *Outdoor Report*



**SUICIDE PREVENTION:**

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

Substance Abuse and Mental Health Services Administration

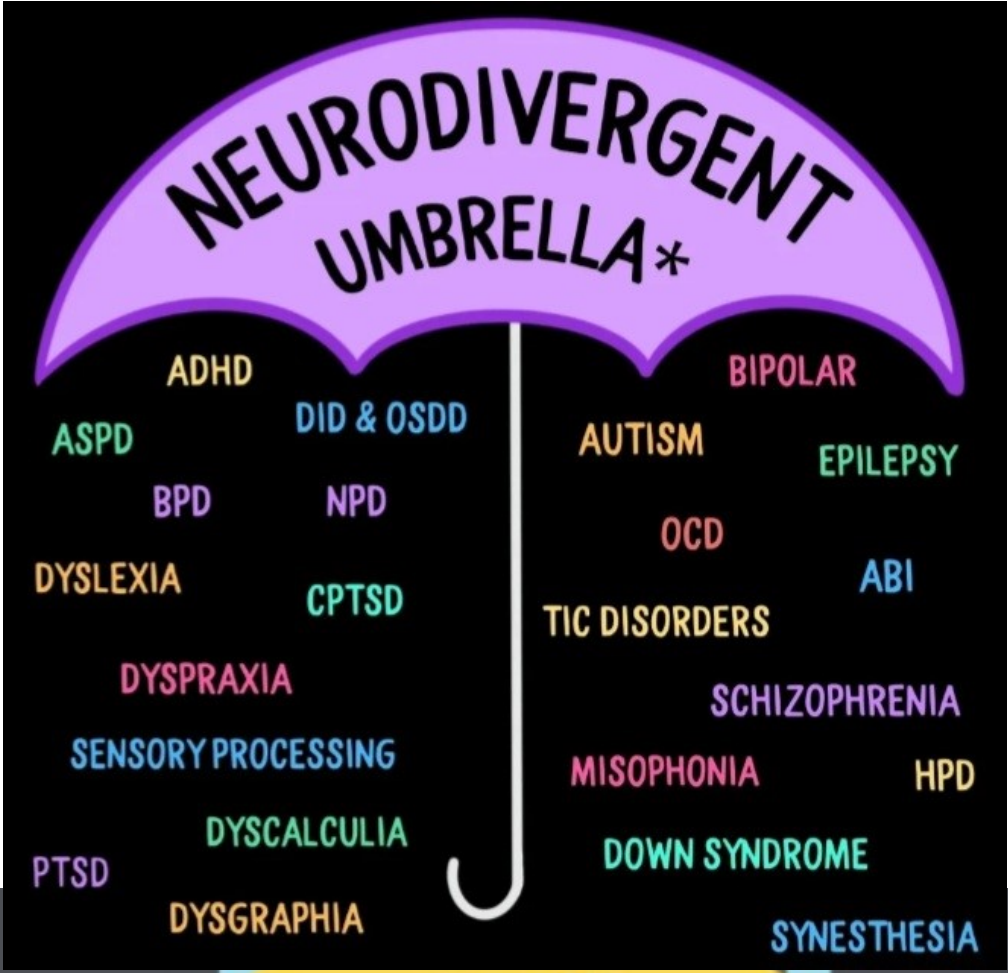
call SAMHSA @ 1 (800) 662 - 4357

April is  
**AUTISM  
AWARENESS  
MONTH**



**Crisis hotline – text HOME to 741741**





**April**  
**AUTISM**  
*Awareness Month*

**Seeing the world from the  
 different angle**

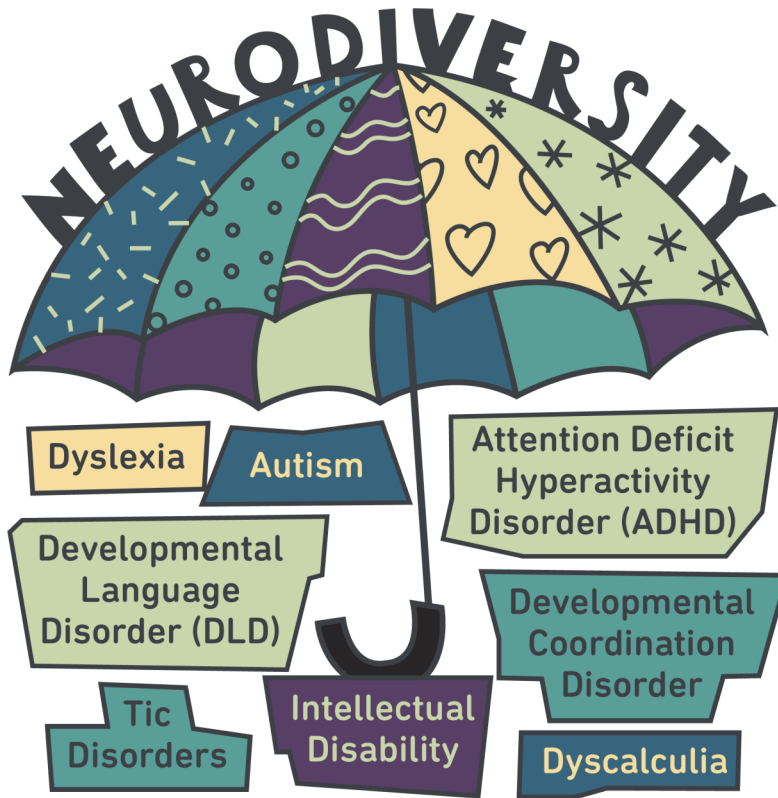


ASD is almost 5 times more common among boys (1 in 42) than among girls (1 in 189).



**46%**

Almost half (46%) of children identified with ASD has average to above average intellectual ability.



Neurodivergent  
Assistance  
To  
Understanding  
Real-world  
Expectations

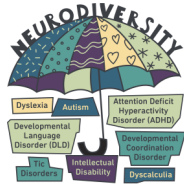
the N.A.T.U.R.E. of  
nature



do good. feel good. be good.



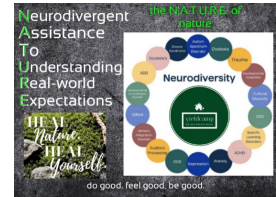
# CODIFYING NATURE FOR MENTAL HEALTH



## How N.A.T.U.R.E Works

Neurodivergent accommodations

Neurodivergent Assistance To Understanding Real-world Expectations



## Neurodiversity Challenges

THOSE STRUGGLEING WITH:

### OBSESSIVE BEHAVIOR

may have intrusive and unwanted thoughts along with repetitive behaviors.

### SOCIAL COMMUNICATION

may struggle with non-verbal cues, sarcasm and rigid black/white thinking

### LACK OF GOAL DIRECTED BEHAVIOR

may struggle with procrastination, fear of failure and poor planning skills.

### DIFFICULTIES W/ ATTENTION & CONCENTRATION

may struggle with hyperactivity, "nervous energy" and lack of attention.

### DEPRESSION

may struggle with sadness, isolation, low self esteem and even guilt/shame.

### DYSLEXIA

may struggle with concentration, reading, comprehension and organization.

### AUTISM

may struggle with eye contact, isolation, social interactions & "awkwardness".

## N.A.T.U.R.E.

MIGHT FIND RELIEF IN:

### OBSERVATION. SIT SPOT. 5 SENSES MEDITATION.

\*attention based exercises and activities could help some to learn to focus better.

### ANIMAL WATCHING AND TRACKING. NATURE PHOTOGRAPHY.

\*observing animals and nature up-close could provide insight into nuanced behaviors.

### NATURE PROGRAMMING. TRAIL CREATION. ENTREPRENEURSHIP.

\*activities that require planning and yield immediate results can help foster motivation.

### ENVIRONMENTAL STEWADSHIP. CAMPING. EMERGENCY PREP.

\*camping requires a lot of small tasks that could help to manage attention/focus issues.

### GARDENING. HIKING. FOREST BATHNG. EARTHING. FISHING.

\*soil disruption like gardening and conservation can increase serotonin and dopamine.

### TRAIL CREATION. ENVIRONMENTAL CONSERVATION.

\*reading the landscape could help to better "see" and comprehend written text.

### ARCHERY. MEDITATION. NATURE VOLUNTEER EVENTS.

\*prioritizing focus on macro and/or micro level can help strengthen confidence.

© 2024 Yieldcamp, LTD

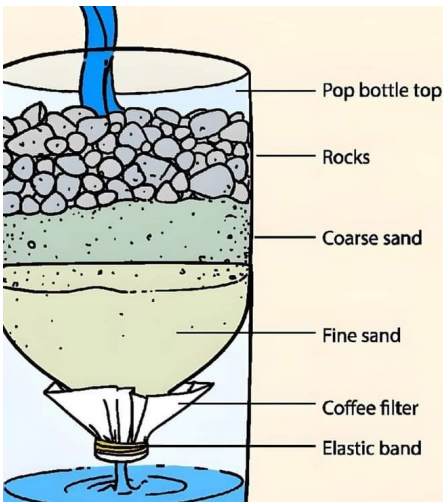


**DIY SURVIVAL WATER FILTERS ARE FUN PROJECTS AND ACTIVITIES THAT EMPHASIZES FINE MOTOR SKILLS, EXPLORATION, IDENTIFICATION AND THEY PROVIDE A GOOD EXAMPLE OF HOW WE SHOULD FILTER INFORMATION BEFORE TRUSTING, ACCEPTING AND CONSUMING IT.**

## Environmental Best Practices

what diy survival water purification filters can teach us about managing trauma and controlling our emotions so that we make better and less destructive decisions.

### HOW WE THINK SHAPES OUR REALITY



Philippians 4:8 – Finally, brethren, whatsoever things are **true**, whatsoever things are **honest**, whatsoever things are **just**, whatsoever things are **pure**, whatsoever things are **lovely**, whatsoever things are of **good report**; if there be any **virtue**, and if there be any **praise**, **think** on these things.

**True, Honest**

This represents your **faith (or the law)** (be it religion, science or self), the standard and set of absolutes that you live by. The disciplines with theories and principles that lead to proven laws, truths and facts that are "etched in stone".

**Just, Pure**

This represents your **belief** system and the things that you put your **trust** in. It is ideally, but not always, aligned with our faith. Our beliefs are a mix of our faith, experiences, environments, etc. which cause us to trust in a particular way of doing things. Like coarse sand, our beliefs can be quite complex.

**Lovely, Good Report**

This represents **gratitude** and **thankfulness**. Just like identifying individual particles of fine sand, finding the things to be grateful and thankful for during adversity takes time and effort, but it will also sharpen our vision allowing us to see clearer.

**Virtue, Praise**

This represents **humility** and **appreciation** as the coffee filter is destroyed (humbled) so we can appreciate and use the results of the filtering process.

**Think**

This represent **logic** and **pragmatism** as our minds stretch and hold onto our new perspective.

© 2024 Yieldcamp, LTD



9





***The Bald Eagle (*Haliaeetus leucocephalus*)***

***National symbol of the United States representing strength and independence.***

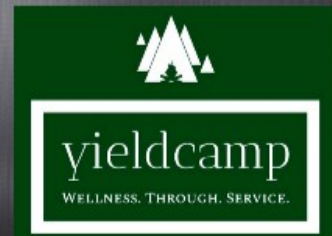






Every plant on the planet is either a tree, bush/  
shrub, vine or herb and a healthy forest contains all 4.  
#message

		Who's a part of your healthy forest?
	<b>Trees</b> Provision Authority	_____
	<b>Bushes/Shrubs</b> Protection Safety	_____
	<b>Vines</b> Restriction Correction	_____
	<b>Herbs</b> Nourishment Nurturing	_____

identifying these  
roles in your team,  
family or friend  
group is essential.

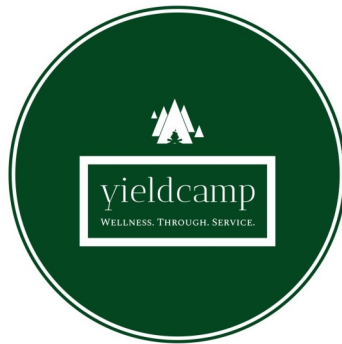
knowing which one  
you are helps clarify  
your role.



	<b>Trees</b> Provision Authority	gifts and vocations Leadership Teaching	CEO/Principle Manager/Supervisor Therapist/Counselor Coach/Mentor
	<b>Bushes/Shrubs</b> Protection Safety	Helper Server	First Responder Attorney/Mediator Life Guard/Security I.T./Tech support
	<b>Vines</b> Restriction Correction	Prophecy Mercy	Judge/Chaperone Code Inspector Quality Control Human Resources
	<b>Herbs</b> Nourishment Nurturing	Empath Encourage  Romans 12:6-8	Social worker Minister/Priest Nurse/Doctor Teacher/Parent



# SELF—CARE ENRICHMENT WORKSHEETS



## Trees

Provision  
Authority

Who's a part of your healthy forest?

---



## Bushes/Shrubs

Protection  
Safety

---



## Vines

Restriction  
Correction

---



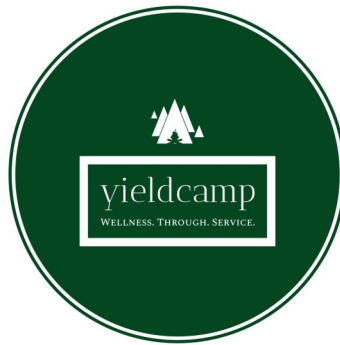
## Herbs

Nourishment  
Nurturing

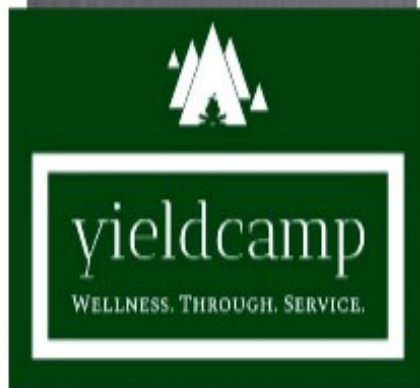
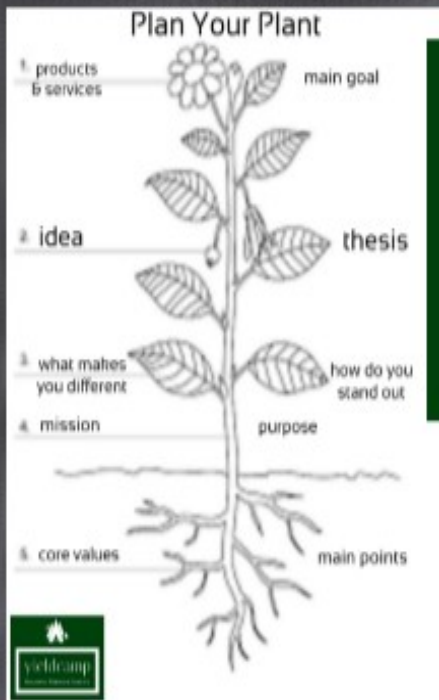
---



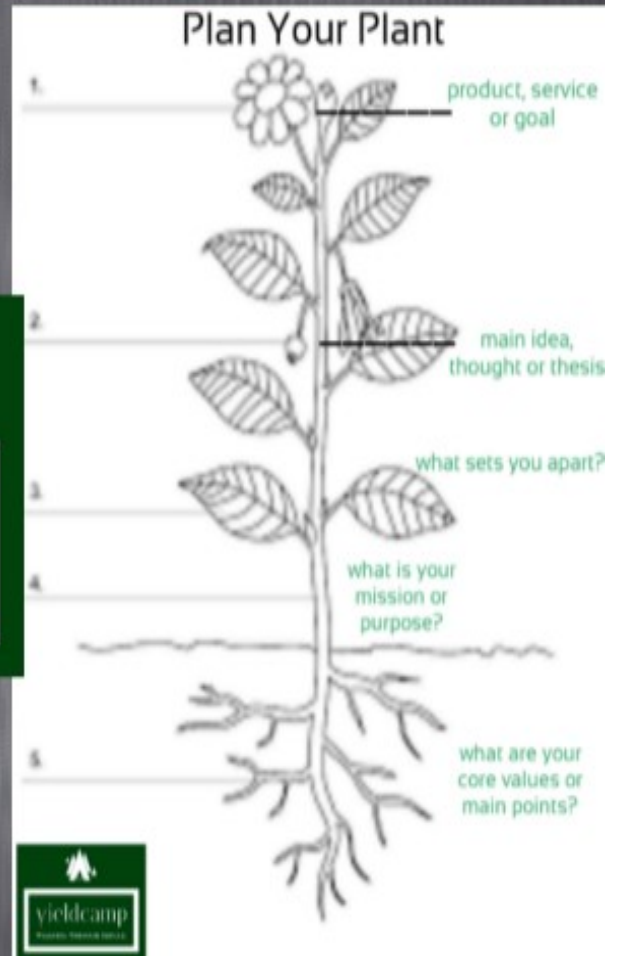
# SELF—CARE ENRICHMENT WORKSHEETS



whether a million dollar idea, a project for work or a paper for school, planning what kind of plant you want to be can help ensure good growth.

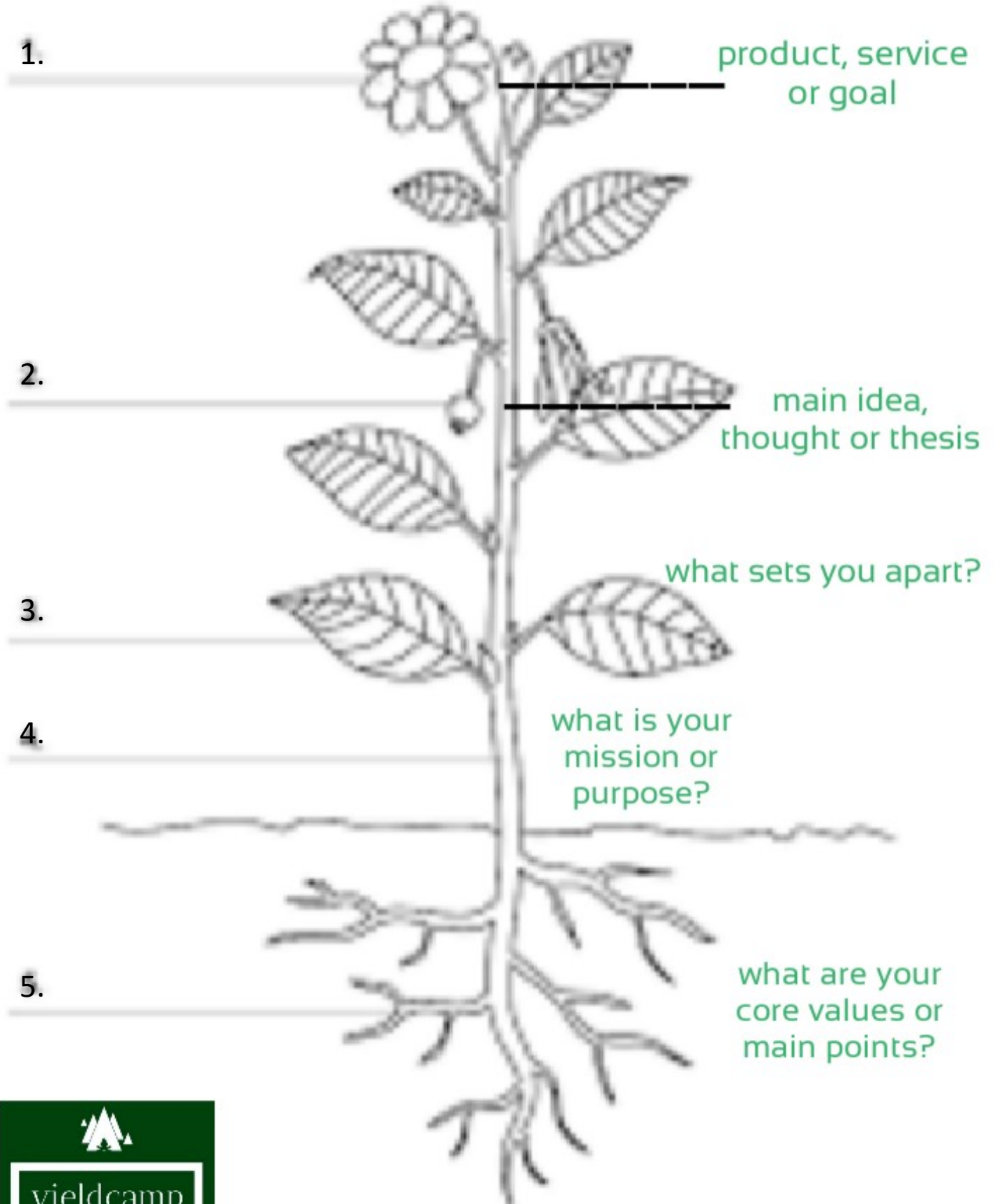


do good.  
feel good.  
be good.





# Plan Your Plant



# Common Pine Species of North America



Eastern white pine  
(*Pinus strobus*)



Longleaf pine  
(*Pinus palustris*)



Sugar pine  
(*Pinus lambertiana*)



Loblolly pine  
(*Pinus taeda*)



Western white pine  
(*Pinus monticola*)



Ponderosa pine  
(*Pinus ponderosa*)

**Treehugger**

These evergreens represent wisdom, growth and longevity





what's been discarded, broken and destroyed can be used to support and sustain something new.

the nests that birds build to lay eggs, hatch their chicks and raise their young are made of broken limbs, fallen branches, tiny twigs and even human made trash and debris...



do good.  
feel good.  
be good.

Tap To Remove

# NEVER GIVE UP

## 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:



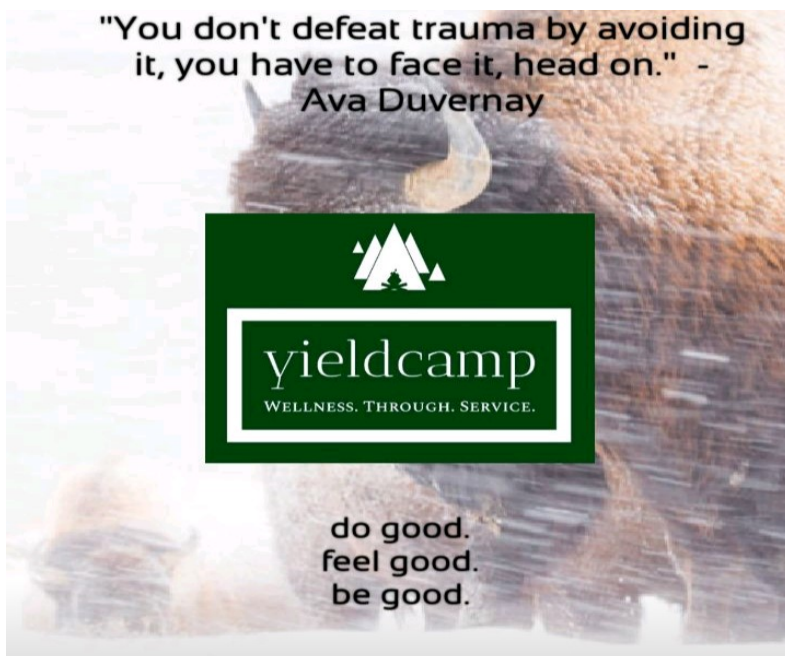
- ▷ Making a plan or researching ways to die
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Using drugs or alcohol more often

# 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.



# 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.







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



# 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.

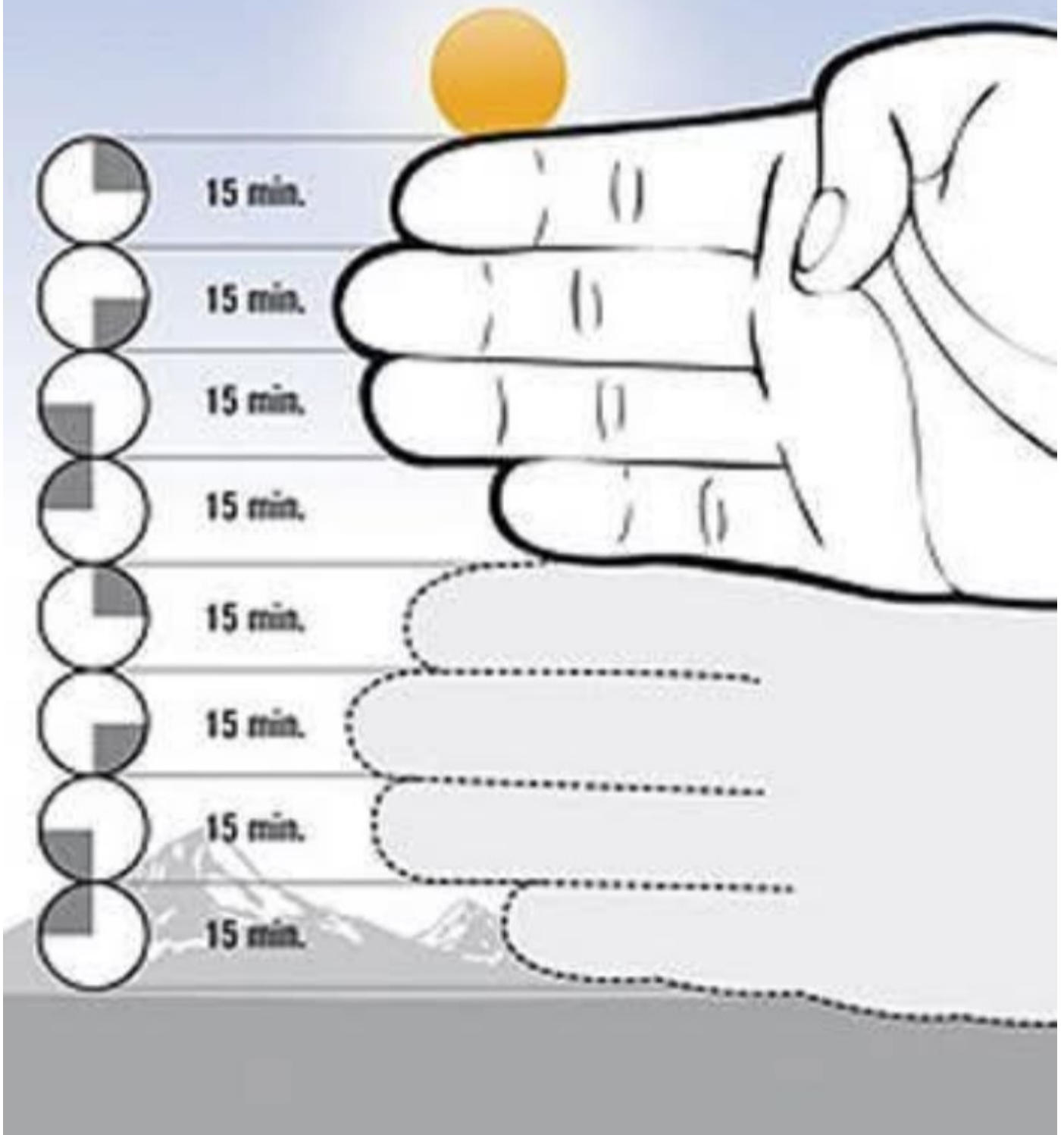
## EASY WAYS TO CONNECT TO NATURE

- *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.

# OUTDOOR BASICS HACKS:

## The Hour hand

### Timing remaining daylight





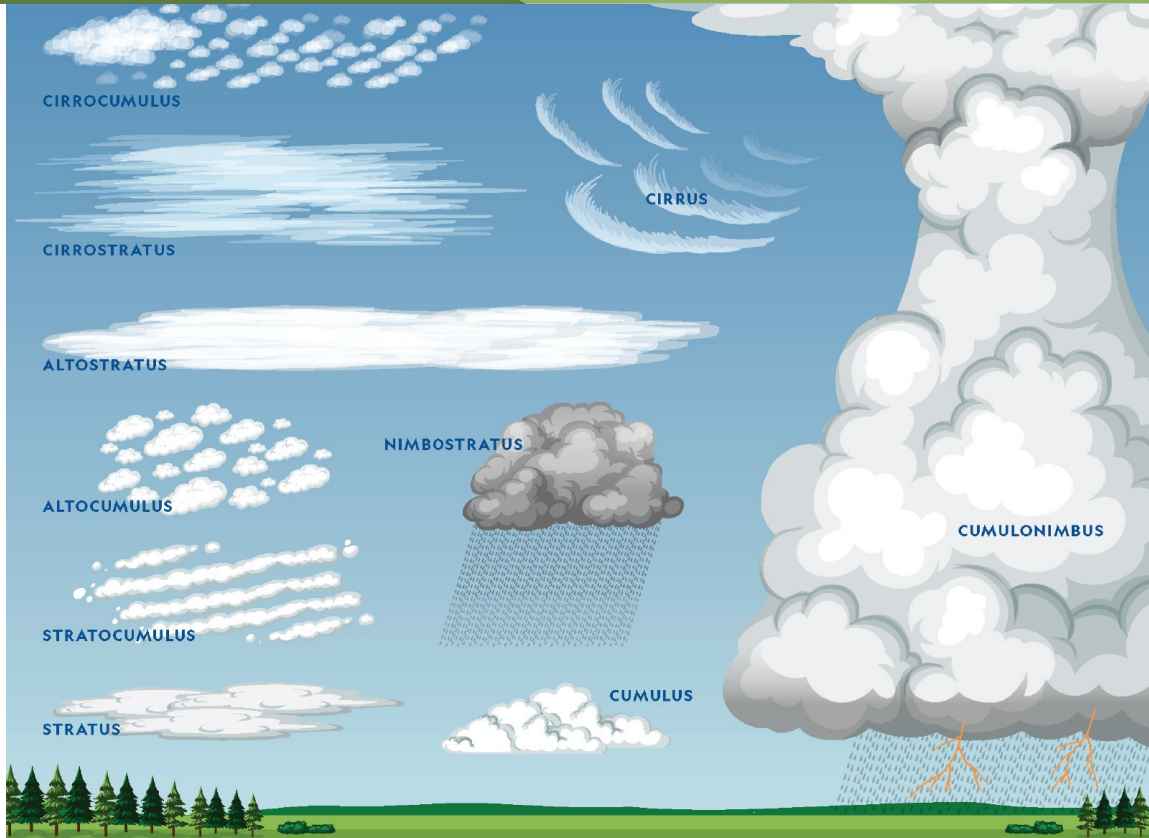
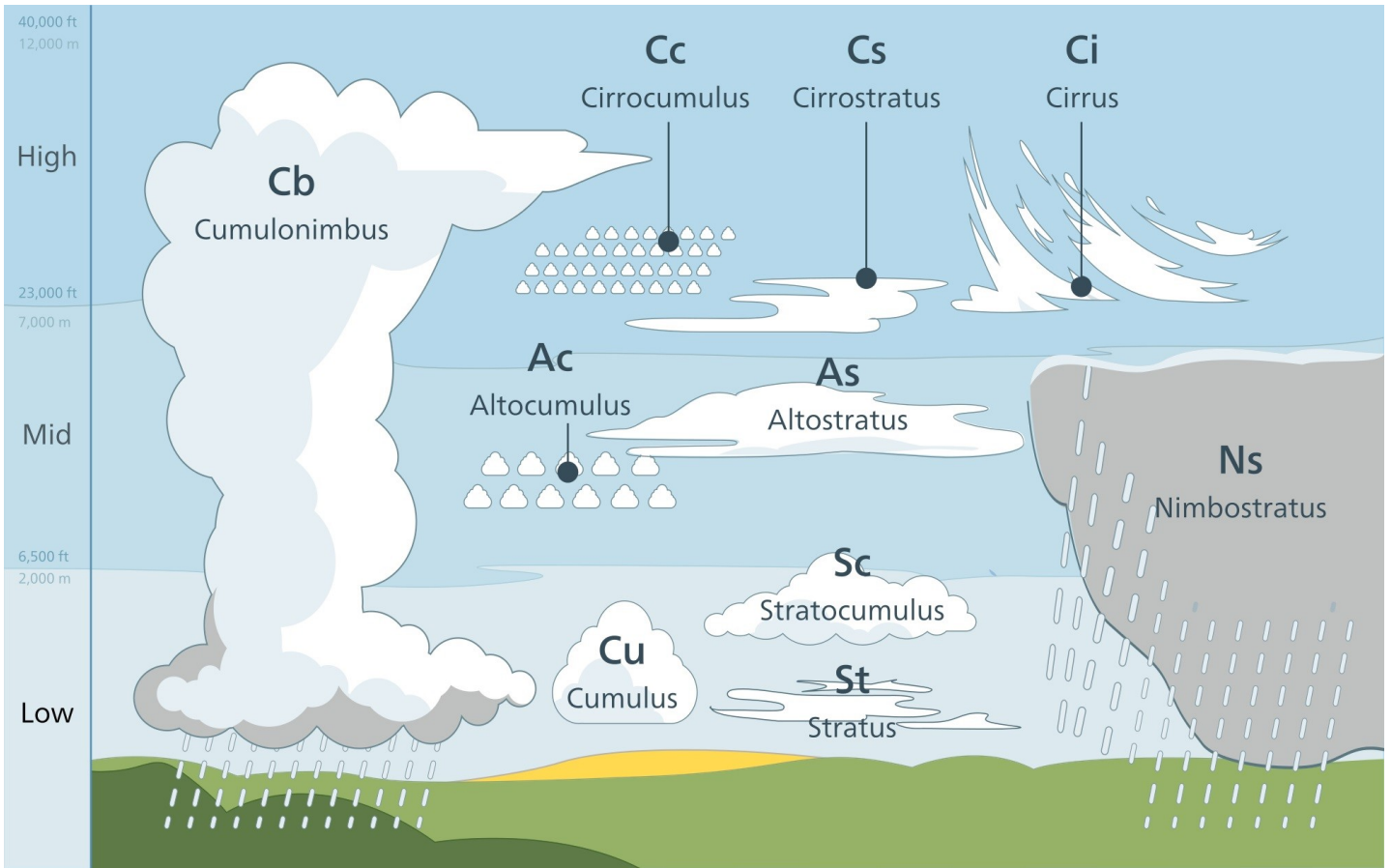
## OUTDOOR BASICS HACKS:

### How to pack your pack



# OUTDOOR BASICS HACKS:

## All about clouds





# 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.

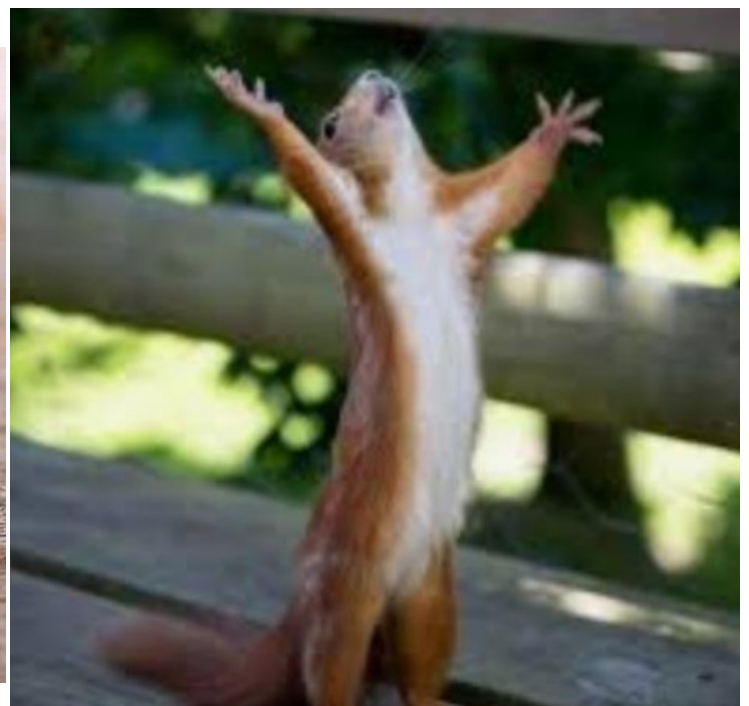


We are nature.

!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