

OFFICIAL NATURE NERD

November-December 2024 end-of-year Outdoor Report

Looking for great gift ideas?

GIVE PRESENCE



do good.
feel good
be good.



yieldcamp
WELLNESS. THROUGH. SERVICE.



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WELLNESS. THROUGH. SERVICE.

MERRY
Christmas
& HAPPY NEW YEAR



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

November is

American Diabetes Month

Lung Cancer Awareness Month

National Alzheimer's Awareness Month

DECEMBER is SEASONAL AFFECTIVE DISORDER (SAD)

AWARENESS MONTH

Crisis hotline – text HOME to 741741

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.





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 Carrie Murray Nature Center

Wilderness Survival & Emergency Preparedness

Join us in the forest of Gwynns Falls Leakin Park for a jam-packed day of fun and learning practical skills to help you interact with your local environment! Beginners welcome.

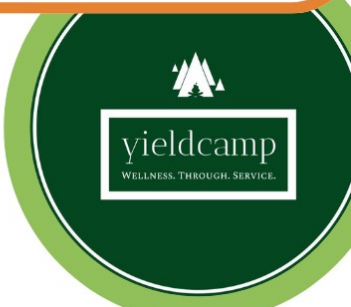
Saturday, November 16th
8:00 a.m. - 3:00 p.m.

\$40 registration

- breakfast provided
- survival kit for each attendee



LED BY LOCAL EXPERT, JAMIL MOTT



Benefits of Nature:

Reduce stress and anxiety. Improve mood.
Creates sense of belonging. Exercise.



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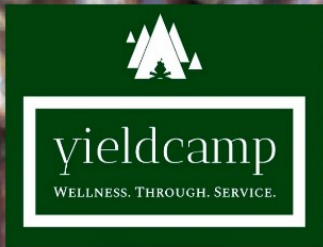
Benefits of Volunteering:

Reduce stress and anxiety. Improve mood.
Creates sense of belonging. Exercise.

do good.
feel good.
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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.



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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



Black-Eyed Susan (Rudbeckia hirta) - Maryland State Flower

Takes 20 years to mature but won't produce large crops of acorns until age 50.

Black - Eyed Susan

Native to Eastern and Central North America.

Can last 6 - 10 days after being cut.

Plant-host for the Silvery Checkerspot butterfly.

There are over 2 dozen species of Black-Eyed Susans.

Recognized as a pioneer plant as it is one of the first plants to grow after a fire or natural disaster.



Baltimore Oriole (*Icterus galbula*)

High perching songbirds often found on treetops and high branches.

Female Orioles create remarkable hanging nests from slender fibers.

Orioles are easily lured to backyard feeders and are fond of fruit, nectar and insects.

MD-DNR's PUBLIC ENEMY #1



Egg mass
(seen October-June)



1st instar nymph
(seen May-July)

SEEK AND DESTROY



4th instar nymph
(seen July-September)



Adult
(seen August-November)

****Flora killer****

Kill on Sight

Adult Lanternflies prefer Willow trees.

Nymphs like Willow, Maple, Poplar, Prunus trees,
Apple, Pine and a variety of grape vines.

Report sightings to your local Dept. of Agriculture.

Nature Therapy

NATURE & WELLNESS

Yieldcamp's "Wellness Informed Environmental Conservation" (WIEC)

(CREATED BY YIELDCAMP)

WIEC extracts wellness models from our environmental conservation projects, events and programming.

We believe that humans are not just a part of nature but that we are nature. Therefore we are able to glean information on how life works by studying nature.

We have proven that the same methods and procedures needed to complete many environmental projects are also applicable to personal GROWTH and CHANGE.

NATURE AND ALZHEIMER'S

Cognitive benefits:

- Outdoor activity can stimulate the brain and promote brain plasticity.
- Research suggests that time in nature can slow the progression of dementia symptoms.

Overall benefits:

- Nature can help boost mood and help fight against irritation.
- Exposure to natural light and fresh air can help to improve sleep, alertness and appetite.

Yieldcamp's CHANGE model

1. Desire Change
2. Have a vision
3. Articulate the vision
4. N-corporate counsel
5. Get the trash out
6. Get the site ready
7. Execute the vision

Wellness Informed
Environmental Conservation
(WIEC©)

do good.
feel good.
be good.



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WELLNESS. THROUGH. SERVICE.

The process needed to create a change works
anywhere that change is needed



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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

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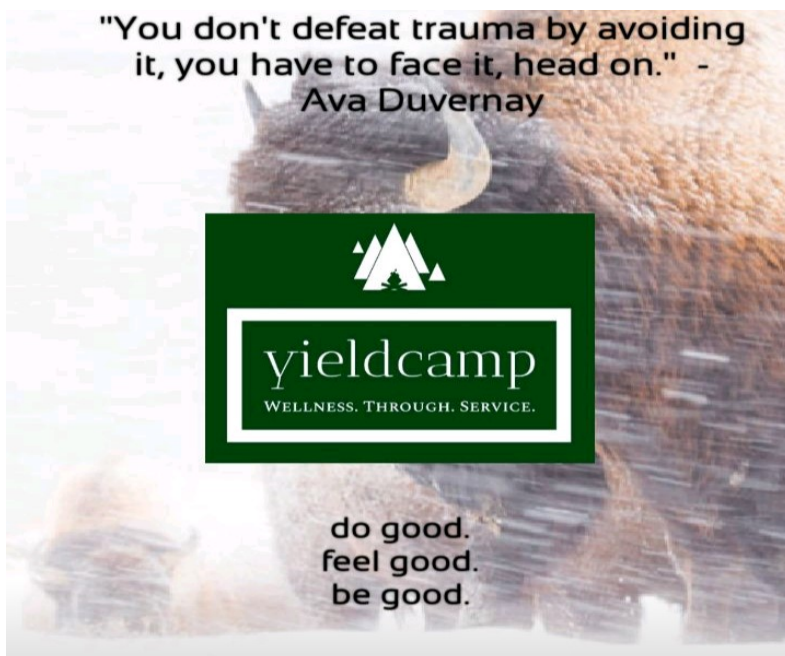
photo by yieldcamp

WAYS NATURE WORKS

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.



Wellness Informed Environmental Conservation uses interpretation to extract life lessons and wisdom from the natural environment that can be applied to everyday situations or studied, developed and codified into sustainable health and wellness strategies and personal philosophies for holistic self 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.

Outdoor Exploration and Adventure BEST PRACTICES and SAFETY

NATURE NEWBIE CHECKLIST

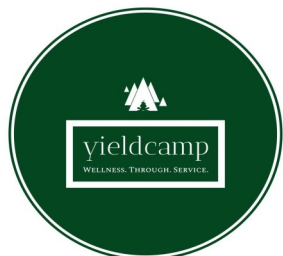


1. Never step ON anything that you can step OVER.
2. When looking under logs, roll them towards you, not away.
3. Add water, bug spray and a whistle to your first aid kit.
4. Make sure your cell phone is fully charged.
5. Make sure someone knows where you are and for how long.
6. Remove ear buds and 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.

Mental Health and Wellness November / December



GROW OLD GRACEFULLY WITH NATURE

AMERICAN DIABETES 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.



Lung Cancer Awareness Month

Exposure to, and immersion in, nature expose us to phytoncides that help the body to increase the number of, and activity of, white blood cells known as Natural Killer Cells (NK).

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.



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

A tree stump and
a human fingerprint.

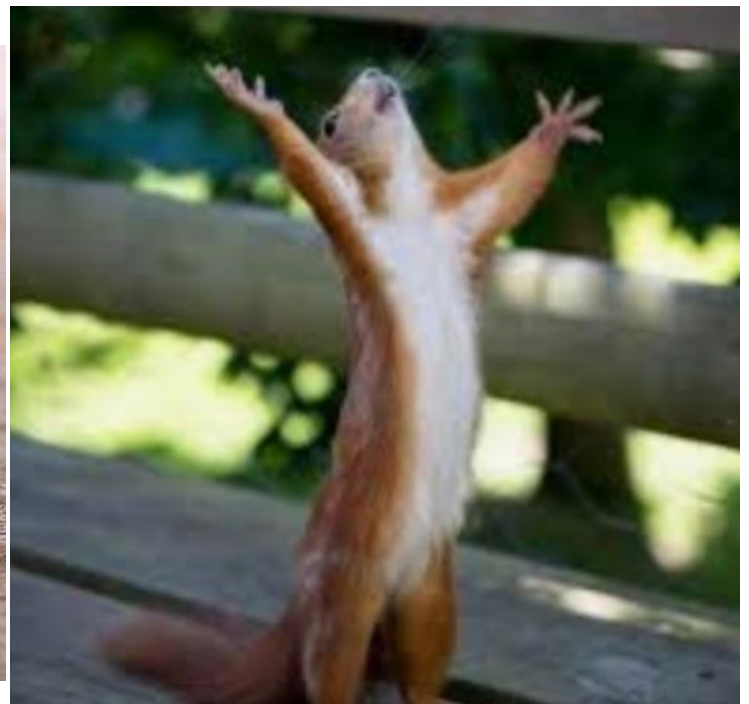


We are nature.

!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