

Mental Health in Nature Resources

Social Media Handles for N Her Nature –

IG: @nhernature, Twitter: @nhernature, LinkedIn & Facebook (N Her Nature LLC)

Books

- Rest Is Resistance: A Manifesto by Tricia Hersey
- All About Love: New Visions by bell hooks
- Mind Over Mood: Change How You Feel by Changing the Way You Think by Dennis Greenberg & Christine A. Padesky
- Black Faces, White Spaces: Reimagining the Relationship of African Americans to the Great Outdoors by Carolyn Finney
- All We Can Save: Truth, Courage, and Solutions for the Climate Crisis, edited by Ayana Elizabeth Johnson and Katherine K. Wilkinson
- The Intersectional Environmentalist by Leah Thomas
- Black & Brown Faces in America's Wild Places by Dudley Edmondson
- Vitamin N: The Essential Guide to a Nature Rich Life

Articles

[Black Americans Re-Embrace the Outdoors After Generations of Exclusion - YES! Magazine \(yesmagazine.org\)](https://www.yesmagazine.org/black-americans-re-embrace-the-outdoors-after-generations-of-exclusion)

[How I Found A Mentor Through Social Media Networking \(refinery29.com\)](https://refinery29.com/how-i-found-a-mentor-through-social-media-networking)

[Mental health and fieldwork | The Geological Society of London Blog \(geolsoc.org.uk\)](https://www.geolsoc.org.uk/mental-health-and-fieldwork)