

# *Mental Health in Nature*

by Nicole Jackson, N Her Nature LLC

Let's take a  
walk!

# WELCOME!

FORMER AVIAN  
TECHNICIAN INTERN



ABOUT ME

FIELDWORK  
& MENTAL  
HEALTH

MOVING  
FORWARD

## ABOUT ME - BACKGROUND

- **HOMETOWN:** Cleveland, Ohio
- **EARLY CHILDHOOD MEMORIES:** very curious, reserved, & observant
- **FAMILY:** Ten (10) siblings; raised by single-mother
- **CAREER INTERESTS:** librarian, veterinarian, scientist, writer
- **EDUCATION:** The Ohio State University, Bachelor of Science in Natural Resources

How it started?

How it's going?

# HOW IT STARTED - WILDLIFE STUDIES & ADVENTURE

- Veterinary Medicine (initial interest)
  - Pre-vet program
- Animal Sciences & Wildlife Science
  - Field Research opportunity
- Parks, Recreation, & Tourism
  - Environmental Education & Interpretation



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How it's going?

Her Nature



## HOW IT'S GOING - NATURE COACHING

- Created coaching business to help Black women find healing, joy, and balance through meaningful nature experiences
  - helped me address my own mental health concerns
  - 2020 nature retreat and reflections
    - needed space and time to reset; nature was healing us



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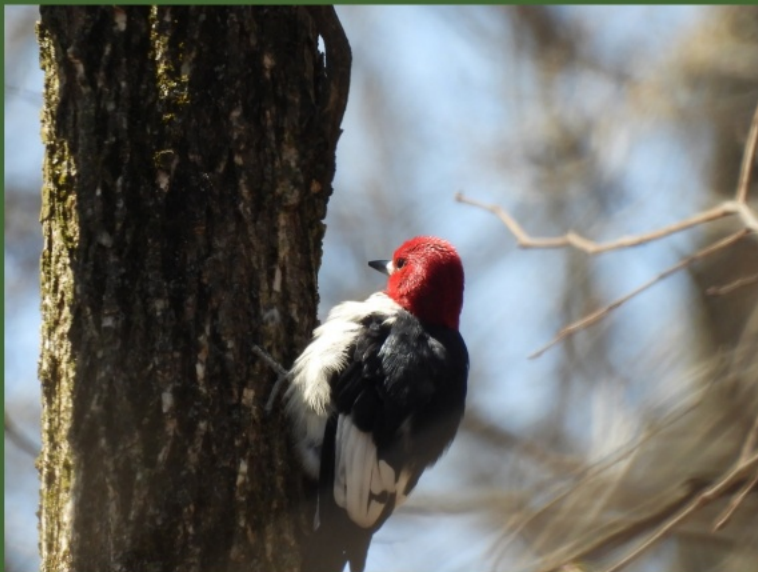
MOVING  
FORWARD



# FIELD WORK & MENTAL HEALTH - WHERE SHOULD I START?

Gather important information and have mental health discussions with your fieldwork supervisors early and often

- share as much as you're comfortable with



**BASICS**

**SUPPORT  
PLAN**

# BASICS - WRITE DOWN KEY INFORMATION

Before fieldwork...

Create a list of important info...

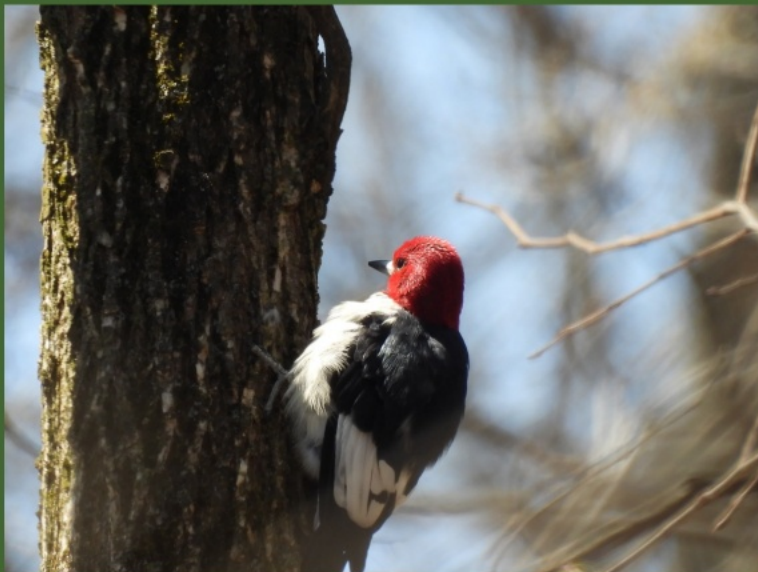
For example, medications, mental health conditions or diagnoses, healthcare professional or doctor contact info, emergency contacts (univeristy & field site)



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# SUPPORT PLAN - WHAT YOU NEED FROM SUPPORT TEAM

Have a discussion with your peer-support team about what type of support would be helpful for you to succeed during your field season

- Examples:
  - Symptoms
  - Coping strategies
  - Reminders from peers you trust
  - It helps if...



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# MOVING FORWARD - MANAGING EXPECTATIONS, SUPPORT, & PRACTICE

- Internal
  - Peer-support networks (ex. writing groups, coffee or lunch dates, etc.)
  - Mental health option plan (before, during, and after fieldwork)
    - Keep track of mental health from beginning to end of field season and make adjustments as needed
- External
  - Therapy/Healthcare professionals
  - Friends & Family (non-work support)
    - know you and familiar with your routine and habits
  - Community Care
    - are there resources in your community like mental health trainings for your faculty or co-workers to participate in?

**General  
Self-Care**

# GENERAL SELF-CARE - MY MENTAL HEALTH MATTERS!



- Recommendations
  - Take a nature walk (solo or with a trusted friend)
    - Capture photos of your nature outings (make it fun and creative!)
  - Journal or write down what you're feeling daily
  - Meditate
  - Video or audio diary (option if writing isn't your thing)
  - Challenge yourself and try something new!
    - Birding or outdoor recreation activities
    - Photography
    - Writing
    - Art



# GENERAL SELF-CARE - SET BOUNDARIES TO...

- take care of your own needs by saying No to things that do not serve your purpose.
- protect your physical and emotional space from distractions that can potentially take you off track.
- have more freedom to focus on what's important to you, like your health, family and future.
- to teach people how to treat you... with respect and care.



# THANK YOU!!!

Follow me!

- **Facebook, LinkedIn**
  - N Her Nature LLC
- **Twitter & IG**
  - @nhernature
- **Email**
  - nicolej@nhernature.com
- Website coming soon!



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