



## MAGIC OF THE WOODS PODCAST

### *Episode Four Transcript*

**Synopsis:** *Welcome to Episode Four of our podcast and this episode is an Introduction to Wellness in the Outdoors! We talk about the current climate, the current weather, and COVID in relation to mental wellness for each of us.*

**Script:** INTRO – Music by DarkMoloko called Adventure

#### **Bailey (00:00)**

Hey, all you Woodland creatures. Welcome back to magic of the woods, the podcast about what makes Bradford woods Bradford woods. What we're talking about today is wellness in the outdoors. It's November. Well, when this podcast comes out, it'll be November, which means it's getting cold in dark a lot earlier as we're recording this and looking outside thinking about the lack of light and that's not fun. So we're going to have some more gray skies ahead of us. And we're going to be talking about how to manage our mental and emotional wellbeing when winter is fast approaching. So Nick tell us, set the scene, where are we? What are we doing? What's it like?

#### **Nich (00:46)**

Yes. so as you mentioned, we're getting into our gray season here where it may not be cold, but it's just gray.

#### **Bailey (00:56)**

I think it's a little chilly.

#### **Nich (00:58)**

It is a little chilly today, little drizzly and we're in my humble abode with my brand new cat Draco. I've had him for about two weeks now. And so we're just recording this inside where it's nice and warm.

#### **Bailey (01:17)**

Well, I mean, if we're talking about mental health and wellbeing animals, great, like potato, I just got a letter that certifies her as my emotional support animal. So I love that boy is so stoked about that. That's exciting. And so like right now, potatoes not actually with me and I can already feel the toll of her not pitter patter around or like giving me kisses in the morning. Like last night I was like super cold and I'm usually in a sweat. What is going on? Oh, I don't have my furnace with me. That's why. Yeah. So I love that dog.

**Nich (02:00)**

Yes. Love him. It'll be nice to, and that was really a big push moving into the winter. I've wanted a little animal and wanted to get settled in the house first, but it will be nice to have a little companion for the winter months as we really get into holiday breaks and things of that nature to just have someone have another living thing inside of the house. That'll just be nice to keep up with and play around with, other than just a TV or computer screen over the winter months.

**Bailey (02:37)**

Yeah, for sure. Something with a little bit of a heartbeat, some blood pulls in through its bangs. Yes. Yep. For sure. Well, we're already kind of digging into it, but you know, let's deep dive into mental health. So what is it? It's our overall emotional, psychological and social wellbeing. So it's our feelings. It's how we're thinking and operating. It's how we're engaging with others around us. So if something's tanking in our mental wellbeing, it's going to be one of those three. And so yeah, Nick, talk a little bit about mental health for a second.

**Nich (03:19)**

Yeah. So all of these have probably been impacted since early 20, 20 since March when COVID really happened. Obviously, you know, we got into the core and teens and so then it was really the social, social isolation that I know a lot of people felt. Especially myself. I love one being in the office. And so my office is in a very central location. I really haven't been back in my actual office since March. I've sat in there a couple evenings, but it's just now in the COVID area. It's not the greatest because it's in a central location. So people are coming in and out. It's kind of an entranceway to one of the office buildings we have here, but I love that because then I can see people when they come in, we can chat, we can catch up. And I like being in the mix of things for COVID it's not actually that great.

**Nich (04:16)**

But then with folks being asked to work from home and dealing with a significant other or their kids or in a lot of cases, no one at all. So really feeling that isolation being in just one spot where you live and where you work and then on top of that being on your own. So it's, I'm positive that a lot of that for a lot of mental health for a lot of people was really affected, especially over the summer. When we really got into the warm season, are you used to going out with friends and hanging out and doing all the fun stuff, just being stuck inside. And as we mentioned earlier now, of course, getting into the winter when it just gets dark and gray really early, it's cold, you really don't want to go outside. You just want to be inside. And still being in the era of COVID where now again, you can somewhat go outside, but it's a little bit more difficult and it's more time consuming. And there's a lot more planning that goes into it when you want to go outside and hang out with friends and, you know, refresh yourself from that.



**Bailey (05:26)**

Yeah. I feel like I just had this weird realization of, Oh my gosh, we're still in it. I feel like my whole mood and like gaze just completely shifted into this. Oh my gosh, I'm going to have to start processing all of this.

**Nich (05:45)**

Yes. You can't look outside and see it to be really sunny. And the birds are flying around and it's just a beautiful day outside, which for a lot of people can have a positive impact. But now looking outside all the leaves around the ground it rained, it's not currently raining, but it's supposed to rain today here. And so it's just wet and cold and dreary.

**Bailey (06:07)**

Yeah. I mean, I remember back in February, you know, this is I'm in my second year here. It's kind of hard when you come in at like, when you're used to an academic calendar one, right. You know, the start of the year's fall. It sort here. It's not January, but you know, you come in at the end of may also. So it's like right before camp season here. So, you know, shifting all of these things. But this past February was my first February. And I remember talking to the streets and we're outside in the yard. The kiddos are playing, I'm sure like potato and Aldar running around or something like that. And I'm talking to them and out of nowhere, it's like, I haven't seen sun in a month and we're about to get back into that. And I'm less than thrilled about that.

**Bailey (07:04)**

So less than their loss, especially like, you know, going back to this COVID thing. I think we talked about isolation. The folks who live here had a very unique experience with COVID because one, we live at Bradford woods. We're already isolated from the Martinsville community, the Morrisville community, the indie community, the Bloomington community, we're already isolated. Then we don't have groups. We don't have our seasonal staff. And for almost all of us on property, it's, it's literally just us. Like there, there is a family who lives here and then there's everybody else who is their own individual family. I believe all of us had this mindset of protecting Bradford woods. And so protecting the bubble and that meant we didn't get to go travel and see our families or quarantine with our families. We became our own family. Yes. I feel like it was, I was okay when we first started, because there was just so much to do and like tear down like the courses and get them all cleaned up and get everything set.

**Bailey (08:22)**

Cause you know, we weren't about to use our stuff for months. So making sure everything's set and then like getting into this weird groove of like, how do we do this? What do we do? Cause there was so much that we needed to communicate with partners and clients and campers. Oh my gosh. I just felt like we were go, go, go, go, go, go, go, go, go, go. Yes. From the



moment we learned, we weren't going to get to operate. And then for me may hit, you know, my first birthday here in isolation and I'm a big birthday person, but it was just kinda like, well, dang, I don't even get the opportunity to like celebrate if I wanted. Like, and that was just taken from me. Granted, I think I would have been like celebrating with a longstanding client if we had had a typical, but you know, that's at least with people.

#### **Bailey (09:14)**

And so everything was just kind of hit, like my workout routine was different at the time. And you know, I could really only be doing like some body weight stuff and I missed the gym. That was my community. And you know, I wasn't getting to like rock climb, like I was used to doing and seeing people and like, if I wanted to go like hang out in Bloomington, Bloomington was a stinging ghost town. Like I wasn't going to work for me. So like may is when my mental wellbeing started to take this like turn of all right, I got this, we're in survival now. It's like, I've been in survival for so long. I'm so tired. This is all just now hitting Holy cow. So I got me a therapist and my therapist and I are six months strong. We're going well, it's beautiful. But doing like, if I didn't live here at Bradford woods, I don't know what I would have done because I got to do the natural remedy for depression, which is literally be outside. We had the woods, like we could be outside at any point. We wanted hiking, walking my dog, like getting that natural sun to boost the mood game-changer life saver type of thing.

#### **Nich (10:35)**

Definitely. I think one of the ways that I really engage in mental wellbeing is hanging out with friends. And so that was, again, going back to earlier conversation, that was the biggest thing for me was not being able to see people. I travel so often to see friends who live out of state. I try once a month to visit my best friend in Columbus, Ohio. And so that was all put on a standstill going into the summer, but living here having pretty much a twenty-five hundred acre backyard, even though we are spaced out on property and our houses that those of us who live on here we are pretty spaced out, but it was those times when I would go hang out with Nicole and we would, you know, physically distance and walk her dog and just spend some time outside chit chatting and, you know, doing that during quarantine or the time we would all go down to the beach and just lay out on the dock or on full floaty using, you know, spread apart on the beach or out in the water, having those experiences.

#### **Nich (11:34)**

I think for me really helped because we could do that here and do it safely. So that was super nice here. Cause again, I'm a very social person and I love interacting with other people and that was just kind of lost. But I think that helped me through the summer really was just having those little connections and taking a step back and also realizing that I don't have to see everyone every day. I think that helped as well because it's typically like when we were in the office, I'd spend probably half an hour to an hour walking around saying hi to everyone



catching up almost every day, just because that was what I wanted to do just to build rapport and friendships and connection and also just refill my energy levels. So just going around and chatting with everyone. So realizing that, yeah, I can still do that, but it's just going to look a little different for me. Yeah. Definitely something to acknowledge and accept, especially in this time,

### **Bailey (12:19)**

Which takes a while to do as well. I think like the distance between acknowledge and accept yes. Can be so great for some people, but so short for others. I will say one thing that I'm grateful for when it comes to this quarantine is one like growing the relationships that I have here at Bradford woods. But you know, not that I had lost contact by any means with folks who are important to me in other realms of my life, but really getting to reconnect with my other friend groups. So I name all of my friend groups. So we have the rodeo that we've talked about. We have another group here on property to be determined name-wise but I have my Texas forever group. We're all of us went to grad school together and almost all of us are not in Texas except now half of us are back in Texas and the other half still not in Texas.

### **Bailey (13:24)**

So we're Texas forever ish. And then I have my XO XO gossip memes, which is a great group of well, it's two women that I grew up with and we really reconnected over this quarantine. We'd always stayed in contact, but we're talking a lot more regularly regularly now. And just having specifically those wow five women in my life who have really shaped me has enhanced my mental wellbeing because I have that social connection that I grew up with, which is so special. But really the emotional conversations that we get to have of here's what I'm experiencing, here's what I'm going through. Here's what it looks like out in Baltimore or New York city or Arlington or Austin or LA like they're all over the place. So, you know, kind of getting that perspective of we're all in this collective experience, experiencing something so different.

### **Bailey (14:23)**

It's wild. The, I think that social aspect I'm maybe not a lot of people expected to be impacted during quarantine or really understood how important socializing is to our mental wellbeing. I'm an introvert at the end of the day here at work. And like when I'm done, I'm done, but now it's like, I need people, you know, my day from 7:00 AM to 9:00 PM, isn't hundreds of campers running around. It's wishing for hundreds of campers to be around, which is so different. And so I'm not as socially exhausted when I go home. So I'm like itching.

### **Nich (15:03)**

Yes. Yes. Well, I think another thing along those lines, like reconnecting with like some of your old friends and colleagues that I think with in like social wellbeing and mental health, I think that's, I don't want to speak for everyone. But I know from a lot of the friends that I've talked

to, I think that's heightened during quarantine and COVID because you are, you want those personal connections. You want to see your friends, you want to talk to your family. And for those who would see family every day or every week can see friends every day or every week, not being able to do that, but finding a different way to reconnect and refill those sections of your mental health. If it was, you know, like for me, I want to be social and that's what helps me cope. And that's what, you know, refills me finding different ways like meeting on zoom or, you know, Marco polo the app on the phones.

**Nich (15:59)**

You know, some of these things face times texts, phone calls was much more prevalent for me. And I noticed for a lot of people and a lot of my friends as well, reconnecting with family, just like calling every week, calling your aunt that you really didn't talk to all that often or would only see it holidays calling them and asking them like, Hey, how are you doing? How is like my cousin doing and all the kids and, you know, having those reconnections and those social connections, they're just in a very different way. I know I did a bachelorette party on zoom.

**Nich (16:34)**

So having those connections with those friends, even if you can't travel, but still being able to, you know, have them put a smile on your face and connect and at least see one another, even if it is through a screen that's a lot more than a lot of people were able to do over quarantine or are able to do period with busy lives or whether or not they're in another country. So just having those times to connect with those people definitely I think was a lot more and people actually try to have those connections and try to catch up with friends and family. Yeah. So yeah,

**Bailey (17:12)**

I mean, when we think about it at the end of the day, our brain is one of the most important components of our body. So if we're not taking care of our brain, if we're not taking care of our mental wellbeing, you know, it's going to affect our everyday lives. And so there's that intersection of the emotional, psychological, and social components that make up mental wellbeing. And so, you know, we, we talked about it briefly, but one of the most natural ways to increase mental wellbeing and to take care of our brains is to be so getting some of that sun that warmth on whatever level of warmth it might be. Whether it's a sunny end of October day or a sunny June day sun is some so making sure that we're spending time outside, you know, really each day, I think that's important to get some of that fresh air.

**Bailey (18:11)**

So you're not cooped up outside all day, like taking a walk around the block or the park or with some friends at that, you know, physically distant mask situation. That we're all I think we can all just assume that we are following mask protocols all of that good stuff, but falls here,



granted we're getting on that tail end to fall, but, you know, grab that cozy sweater, maybe some hot cider or some hot coffee, take a walk outside and enjoy it, but really that's kind of it for our intro to mental wellbeing. So kind of like with the other ones, we'll do this intro episode before we really start getting into the nitty gritty details of what all of this really means when it comes to wellbeing for this one, our identity development, stuff like that. So yeah, that's all for now regarding mental wellbeing. We'll revisit this topic and talk about specific ways to keep up with mental health. So Nick, what's something that you're going to focus on mental health wise in the next few weeks.

**Nich (19:19)**

Yes. So I think the next few weeks for me is really working on the like psychological side of things. So now that we've gotten back into, we had like three months, four months where we just did nothing. We were still working, but it's computer stuff. And so then switching into pretty much full on work mode for another couple of months. Having program after program, after program, we're all wearing different hats, working food service and housekeeping and maintenance along with all of our daily jobs, plus some as well. So going out and like we sat this morning and I learned about aquatic life and wildlife, some of those curriculums and lessons because I'll be teaching here in a couple of days when we go to Belle or an immediate here in Martinsville,

**Bailey (20:11)**

Specifically it Jimmy Nash city park with bell intermediate.

**Nich (20:17)**

So getting outside not in a school, but in a park and so changing from doing nothing to now doing as much as we can to get by and to help out with all the other departments and programs as needed and where we are needed, but now getting into the slower season. That's something that I really want to work on is the psychological side of, okay, it's okay to not be that busy, you know, and getting into the rhythm of focusing on like my wellbeing in my brain and, you know, going through again from acknowledging and to accepting that point of, you know, really getting into the winter when everyone's leaving to go hang out with families and we're slowing down a bit, but it's fine if I'm not in the office every day and seeing people, because again, I've gotten so used to running into the office and saying hi to people, you know, working on stuff that I need to do, working in the kitchen, seeing all the campers and all that other stuff that have been here, which has been great for me.

**Nich (21:14)**

But now we're getting back to like the summer months per se, here where we don't have that many programs and people are going on trips for the holidays and, you know, we've got our closed down in December. So working through some of those things on my end, inside the, inside my brain so that I'm not just like, I don't know, I'm not just shut off because I don't see



people and I don't have programs that I am not running around, you know, doing this or that or everything. So I think that's something definitely that I'm going to need to work on when it comes to like my mental health and my mental wellbeing. Especially moving into, there are gray season here where it's not as easy to just go on a walk and spend some time outside where it's a little bit chilly or it's raining and, you know, I don't really want to go out when it's raining. I feel that I'm working on that the next couple of weeks I think will be paramount before we really get into our slow season.

**Bailey (22:08)**

Yeah. And for me, it's going to be like a major uptick in my water consumption, not the best at drinking, the amount of water that I should every day. I would much rather have my water via coffee. So literally just the water and making sure that I'm drinking, you know, for me, my 64 ounces a day. So that I can, yeah. So basically you take your body weight, cut it in half, and that's the amount of ounces that you should drink per day. So fun facts with Bailey to cha did a challenge in July with my T-Rex fitness crew, which is another group name that I got. But making sure that if I'm not getting my son, like I need making sure that my water is on point and that my movement is on point. So going to the gym, working out all that good stuff. So, yeah.

**Nich (23:05)**

All right. So don't forget to visit our website to stay up to date on all the things happening in the woods from booking retreats to camps and so, so much more. So our website is Brad woods.org. So that's B R A D W O O D S dot O R G.

**Bailey (23:33)**

Sure is. Sure is. All right. So let's give one big clap to mental health on three, one, two.

**Bailey (23:42)**

That was a good one. That was good. Nice. See you next time.

OUTRO – Music by DarkMoloko called Adventure