

Mental Health Podcast

Podcast Type: Monologue

[Opening music/jingle: Duration [16s]]

[Message from sponsor: Duration[23s]]

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[Transition Music]

Intro: Duration [74s]

- **Line 1:** Hi everyone, this is Madison O'Hara. I'm the founder of the nature therapy podcast in today's episode. I want to talk about all things mental health, and more specifically the different ways that we can all get out and make a change in our lives while managing our anxiety
- **Line 2:** So personally, I've struggled with anxiety for pretty much most of my life, which is the main reason why I decided to create this podcast episode. I really want to share with you all some tips that I've learned along the way in my journey with mental health.
- **Line 3:** And before we get started, I just want to put a little disclaimer that I am not a doctor or an expert in the field of mental health but through therapy. I have learned many valuable lessons, and I've had many experiences that I would like to share with you guys.

Topic 1 Exercise: Duration [60s]

- **Line 4:** The first topic I want to get into in today's podcast is exercise so a lot of you guys know that exercise is super important and it's one of the best things that we can do for our body but it's also surprisingly one of the best things that we can do for our mind too.
- **Line 5:** So, exercise causes your brain to release feel good chemicals like endorphins and serotonin that help to improve our mood so doing physical activity can also distract you from negative thought patterns.
- **Line 6:** Which basically if you think about it think about it when you're exercising your focus is on something else and you're listening to music or you're outside and that can really help to distract you from those negative thoughts that you might be having or distract you from something that you're feeling anxious about
- **Line 7:** In my personal life I try to walk every day like even if it's just a mile or even if it's just 30 minutes getting out and walking is so important and it kind of just lets my mind breathe and just lets me escape from whatever is going on and living in Tampa where the weather is pretty much warm all the time and it's usually sunny out makes it so much easier to get outside.
- **Line 8:** I think it's also important that if you're living in a colder climate or summer you can't get outside all the time that you go to the gym or you do at home workouts there's plenty of options online you can do. I also like to track my workouts so I will track on my watch because I feel like this kind of makes me feel more accomplished after I do a workout and like see how far I went and see how long I walked for or exercise for.

Topic 2 Yoga: Duration [85s]

- **Line 9:** The next topic I want to touch upon is yoga. So, yoga is another more relaxed form of exercise. I've personally gone to many yoga classes over the years, and I found my favorite to be outdoor yoga so at the University of Tampa I'm sure many other universities do this. There are plenty of clubs that you can join that host activities like outdoor yoga and I've attended a couple of them, and I've really enjoyed it.
- **Line 10:** I know this may sound silly but when you're outside and you're connecting with nature, while also working towards calming your mind, it just creates a really relaxing environment which I think really helps with anxiety and like just worry or stress. I found that doing yoga kind of allows me to like really peacefully just let myself filter out. any negative thoughts that I might be having or just on any negativity that's going on in my body just kind of letting it pass is really important. Of course, it doesn't have to be yoga. You can do meditation anything you want but just kind of a really relaxing workout and like stretching just really focusing on your mind and relaxing in your breathing is really helpful towards anxiety.

Topic 3 Travel and Nature: Duration [147s]

- **Line 11:** The third topic I want to get into is travel in nature, so I know when we think of traveling like our immediate thought is getting on a plane or driving really far, we're going to an island you're going to a Mountain it doesn't necessarily mean any of those things.
- **Line 12:** It's just about traveling somewhere whether be going to a different coffee place or going on a hike or going for a walk or going to the beach traveling it could be 10 minutes away from your house just like traveling trying something new getting out, it could be very therapeutic for people, and it could be a really good distraction

- **Line 13:** For me living in Tampa one of my favorite things when the weather is nice to travel to the beach it's about like 25 30 minutes and it's just like an escape like I feel like I'm away from my worries and I'm just like escaping them which is a really healthy feeling and it's a good distraction but it doesn't necessarily have to be going to the beach no going to a coffee shop escaping from an environment that you're used to in going to a new environment. I think it's really healthy and I think it's really good for you to just get out and be in a new place instead of sitting in your room or being in your house, so I think it's really healthy to travel in that sense.
- **Line 14:** To add onto this, I want to talk about just getting outside in the sunlight, sunlight and vitamin D they're so good for mental health. They're so good for your body even if you live somewhere cold, just getting some sort of sunlight by stepping outside or opening a blind can be very helpful.
- **Line 15:** I'm originally from New York so I understand the winter months are very hard and it's hard to get outside and sometimes sun isn't shining and it can be really, really depressing,
- **Line 16:** A family member, my aunt, she suffers from seasonal depression and she was telling me about this special light that you can actually buy online and it's supposed to mimic sunlight and the benefits of sunlight and it's really great for seasonal depression so if that's something you do suffer with, and you find that your anxiety gets worse in the winter months, that could be something to look into but I think it's pretty awesome that they are creating things that can help with this that can help with anxiety that can help with depression and help with stress.

- **Line 17:** So, to conclude this episode of Nature's Therapy podcast. I just hope that I've inspired some of you to prioritize your mental health. I hope that I've inspired you to get outside to move your body and just live a healthy and happy life. Always remember that you're never alone and be kind to yourself. See you on next weeks episode.

Close remark/recap: Duration [18s]

- **Line 17:** So, to conclude this episode of Nature's Therapy podcast. I just hope that I've inspired some of you to prioritize your mental health. I hope that I've inspired you to get outside to move your body and just live a healthy and happy life. Always remember that you're never alone and be kind to yourself. See you on next week's episode.

[Ending music/jingle: Duration [4s]]

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