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Anchor In:

Mental Health is a prevalent issue in our society today. It includes emotional, psychological and social well-being. But what some people may not know is that one thing that can really help with mental health is nature. From going on a walk, to soaking up the sun, to enjoying the many beauties nature has to offer it's all beneficial to a person's well-being.

Reporter Maria Consbruck brings us a story of mental health and just how important it is to every now and then – stop and enjoy the little things nature has to provide.

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Announcer: Maria Consbruck

ACCORDING TO MENTAL HEALTH AMERICA, 46 PERCENT OF AMERICANS WILL MEET THE CRITERIA FOR A DIAGNOSABLE MENTAL HEALTH CONDITION SOMETIME IN THEIR LIFETIME. THIS COULD MEAN THAT SOMEONE YOU KNOW COULD VERY WELL STRUGGLE WITH A MENTAL ILLNESS. MENTAL HEALTH IS AN IMPORTANT SUBJECT THAT NEEDS TO BE ADDRESSED BY EVERY MEMBER OF SOCIETY. IT IS THE STATE OF WELL-BEING IN A PERSON, WHICH IS WHY IT'S SO IMPORTANT FOR PEOPLE TO BE AWARE OF IT.

ONE IN FOUR YOUNG ADULTS BETWEEN THE AGES OF 18 AND 24 HAVE A DIAGNOSABLE MENTAL ILLNESS, ACCORDING TO THE NATIONAL ALLIANCE ON MENTAL HEALTH.

20-YEAR-OLD JUNIOR, JESSICA LINDGREN, ATTENDING MINNESOTA STATE UNIVERSITY MOORHEAD, STUDYING PSYCHOLOGY, HAD HER OWN PERSONAL EXPERIENCE WITH MENTAL HEALTH.

Soundbite: Jessica Lindgren



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“I’ve struggled with bipolar, and anxiety, PTSD and eating disorders.”

FROM HER OWN PERSONAL EXPERIENCES WITH MENTAL HEALTH, SHE SAYS SHE’S INSPIRED TO HELP OTHERS EXPERIENCING THE SAME.

Soundbite: Jessica Lindgren

“I want to help them to see the light at the end of the tunnel that they are worth it and even college aged students like us you are worth it.”

SHE HAS FOUND DIFFERENT WAYS TO HELP HER COPE WHEN SHE FEELS HERSELF SLIPPING. THESE INCLUDE:

Soundbite: Jessica Lindgren

“Coping mechanisms and self-care.”

NOT ONLY DOES SHE USE THESE, BUT SHE ALSO FINDS THAT NATURE CAN HELP WITH HER MENTAL HEALTH.

Soundbite: Jessica Lindgren

“One thing that’s really big for me is I need big windows, or I need to be out in the sunlight because if I don’t I start, I feel myself slip.”

NATE BOCK, A MENTAL HEALTH PRACTITIONER AT UNOMAHA COUNSELING AND PSYCHOLOGICAL SERVICES, AGREES WITH THIS.

Soundbite: Nate Bock

“If we’re outside and the sun is shining our bodies will take in Vitamin D from the sunlight and Vitamin D has a lot to do with our mental health.”

WHEN WE SEE NATURE, CHEMICALS IN OUR BRAIN SUCH AS DOPAMINE AND SERITONIN ARE RELEASED. BOCK SAYS IT IS BECAUSE WE ARE VIEWING SOMETHING PLEASURABLE. IF WE AREN’T IN NATURE AS MUCH THIS CAN TAKE A TOLL ON A PERSON.

Soundbite: Nate Bock



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“If we’re not getting out and experiencing that stuff we’re not really operating at our full potential.”

ONE COULD EXPERIENCE NATURE BY SIMPLY GOING ON A WALK, RUNNING OR SITTING OUTSIDE. EXERCISE IS JUST AS IMPORTANT FOR A PERSON’S MENTAL HEALTH AS IS NATURE.

Soundbite: Nate Bock

“If our physical needs are not being met it’s going to affect our mental health as well.”

THERE ARE OTHER FACTORS THAT CAN PLAY A ROLE IN OUR MENTAL HEALTH, IN ADDITION TO NATURE, SUCH AS SPIRITUALITY AND MINDFULNESS.

Soundbite: Nate Bock

“Our spiritual sense is, you know, it’s there very much with nature, you know we’ve all been to a place where in... Spirituality in a very simple sense is feeling like we’re a part of something bigger.”

THIS IS SOMETHING LINDGREN HAS PERSONALLY EXPERIENCED.

Soundbite: Jessica Lindgren

“I think it’s the mindfulness, so mindfulness means being present with your surroundings and being in the here and now and not worrying about the future not worrying about the past.”

NATURE ALLOWS FOR A PERSON TO DO JUST THIS BY THE SIMPLE ACT OF DISTRACTING, EVEN IF IT IS JUST FOR A MOMENT.

Soundbite: Jessica Lindgren

“Something about nature... you have all of your senses engaged at once which brings you into the present moment.”

THE SMALLEST OF THINGS, WHETHER IT BE A FLOWER, THE SOUND OF THE RAIN, THE FEELING OF THE WIND, THE SUN OR AN ANIMAL, CAN PULL SOMEONE OUT OF THEIR OVERWHELMING THOUGHTS.



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Soundbite: Nate Bock

"If you see a butterfly flying off a flower and it takes you out of whatever it is that you are spinning on, stress wise, just for that little moment you, you get a break, you get a break."

WHETHER YOU ARE A SEASONED PROFESSIONAL OR A STUDENT LIKE JESSICA, WE KNOW THE STATE OF A PERSON'S MENTAL WELL-BEING DOESN'T DISCRIMINATE. BOTH ATTRIBUTE TO SMALL DAILY DOSES OF NATURE AND HOW IT CAN HELP BOOST POSITIVE MENTAL HEALTH.

WITH MENTAL HEALTH AN ONGOING CONCERN IN TODAY'S SOCIETY ESPECIALLY WITH IT BEING MAGNIFIED THIS PAST YEAR CONSIDERING THE PANDEMIC, IT IS IMPORTANT TO BE AWARE OF YOUR OWN WELL-BEING.

NATE AND JESSICA BOTH SAY IF YOU ARE STRUGGLING WITH EMOTIONAL, PSYCHOLOGICAL OR SOCIAL WELL-BEING BE SURE TO GET THE HELP YOU NEED AND REMEMBER TO TAKE CARE OF YOURSELF. YOU ARE NOT ALONE.

FOR MAVRADIO DOT FM, I'M MARIA CONSBRUCK.

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Anchor out:

Nature is one of the many things that can help mental health. It's one of the easiest things to access and can provide an escape for those who get really caught up and lost in their own mind. Take a moment to just take it all in because once you do the affects can be beneficial for both your physical and mental well-being.

Questions

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1. Where can a student find help on UNO Campus?
  2. What should students do for after hours?
  3. What is the number to call in a mental health emergency?
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