

# Episode 3 Takeaways \_ Jason Swann

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## SUMMARY KEYWORDS

rising, jason, engage, nature, routes, great, mental health, amazing, black male, protect, environmental stewardship, land, seeds, ethos, healing, part, planet, letting, swan, succeed

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What else can I say except I enjoy immensely talking to Jason Swan, it's just so great to have another black male in the field doing amazing work to really work at the intersection between people and nature. Jason's work with rising routes is just so inspirational, the idea that you could get people outdoors on trails in this beautiful nature space, as a way to heal racial divides, healing ourselves, healing our mind healing our communities, while at the same time looking for opportunities to steward the land. And through advocacy, through actual stewardship on the land through cleaning. There's just so many ways that you can get engaged and involved. But sometimes, in order to get to that space, you do need to take care of your mental health, your mental health plays a huge part in your ability to engage in something like conservation or environmental stewardship. It is a privilege for many of us that we don't always have to worry about our mental health, in such a way that we are allowing ourselves to engage in these very high level, all impacting conversations about our planet, and how important it is and how we need to protect it. But unfortunately, for many people, in order to get to that point, you have to protect yourself. And you need to have a healthy mindset, walking into that space. And for so many people, they just don't get that. I love that rising route is integrating all of it at the same time. And letting people see the healing aspect of what nature can do for you. Rising rounds is going to blow up. I can't wait. I'm not just saying that because I'm on the board. I guess I should because I am on the board. But that's not why I'm saying it. I'm saying it because people like Jason and Marisa and Mary who are part of rising routes, they believe in it, they want to see it succeed. And I'm going to do everything I can in my power to help this organization succeed. I believe in them. I want innovation to flourish. And my job on this planet is to put really provide good soil to seeds. That is how I want to live my life. And that's what I want to be known as doing is putting healthy soil around amazing seeds and just letting it grow. It doesn't matter how big it gets, it doesn't matter where it goes. Just water it and take care of it and protect it and see what happens. That is the most beautiful thing about nature for me. And I want to live that through my life and give

back to this world through that ethos. Anyways, another great episode, feel free to listen to the full thing if you want. I can't get enough of it. I've listened to it myself a few times already. just laugh at it and enjoy myself. Anyways, I hope you're having an amazing day and have a great rest of your week. And I'll see you again soon later.