

# Nerd Note 1

**Maci:** [00:00:00] Hello and welcome back to the Landscape Nerd Podcast. I'm your host, Maci Nelson. This podcast is all about embracing your inner nerd so that way you can become a better outdoor spacemaker. We're just learning about how spaces get built and why, and this is the very first nerd note. These are going to be a series of smaller or shorter episodes that come in between the larger episodes because I want us to be able to wrap up some of the topics from before, for example.

This whole thing is inspired by the response we got to the imposter syndrome episode because there's a lot to cover there. A lot of people had things to say and resonated with the material that I didn't wanna just jump to the next episode. Like, we didn't get the response that we did. But I also want to give you little takeaway pieces of information so that way if you don't have time to listen to an entire episode or entire topic for, you know, an hour and some change, then you can listen to a [00:01:00] nerd note and hopefully that will be.

you know. Good. So I started to notice that people were listening to the episode on like Thursday afternoon, Thursday night, and then again on Sunday, like any time during Sunday. But I noticed really big spikes in listenership then, and it made me wonder if people are listening as a part of a way to calm down as they approach a deadline, you know, that's due on Friday, or if they're listening.

Prepare themselves, like if they're having Sunday scaries, which is, you know, when you're starting to feel anxious about the work week ahead. So I talked to our guest, Meyer Nelson. He's my brother, so I could talk to him all the time. But also, he's a licensed therapist and he came up with a list of. Like a mental checklist that you can go through to help sort of quell those emotions.

And I'm gonna share them with you now. So we kind of called this the, oh crap, I have something to do, self-care or checklist. Uh, [00:02:00] and at the end of it, I'll do a very quick guided meditation. So the first thing to do is take a deep breath, just take a moment, clear your mind to get yourself ready to go through a series of reminders.

The first reminder being. , remind yourself why you got into the industry or why you are in this major. And also remember that you're trying to learn something here because either you're doing it to become better at your job or you're doing it because you don't know something, you're always gonna be learning.

So just remember that. And then also remember that you are not an imposter because of the reasons you just mentioned before. You are here for a reason. , you are in this position for a reason. You got the job for a reason because someone wants you there and you. Learning how to be there. The next thing you can do is try to find a distraction.

And that can [00:03:00] be something that completely takes you away. You know, is it a game? Is it a book? Or you can find something that's motivating, and it could also be a game or a book, but something that motivates you into being. your fun and like inquisitive, nerdy self. Something that reminds you that you are good at what you do, and that you are here to share what you know and.

Contribute to a project. You can also text someone or call someone just to vent about the frustrating part that you are experiencing with the project or the moment of the overwhelm. Is it the fact that it's the time crunch that you're feeling, you know, anxious about? Or is it the fact that it's a skillset you're not confident with?

Talk to someone about that. So then that way, , it's out there. And whether or not they reassure you, at least you know you've acknowledged what it is that you find frustrating, and that will take away some of that like power that anxiety [00:04:00] has. And then lastly, because you're in it right now, I know the time crunch is real, or the deadline pressure is real.

You can't change. The past, but you can look forward to how you would handle it differently in the future. So say you have been assigned a part of the project that isn't your strong suit. Maybe you delegate that work to someone else, or you ask for more instruction on how to be better at this particular task, or how to become faster, or whatever the goal is, you can look forward to knowing that you're going to have a better.

Of what is causing the frustration or what is causing the anxiety. And you can ask for support on that specific thing. And that gives you power. And I hope that makes you feel like you know that you are in control and you're not an imposter because an imposter wouldn't be trying to learn or an imposter wouldn't be trying to learn how to get better.

So that being said, [00:05:00] I'm gonna close things out with a. Guided meditation. Probably like a minute or two. We're gonna take a couple deep breaths and I'm just gonna share some thoughts. So let's begin. We're gonna take three deep breaths. So breathe in, breathe out,

breathe in, breathe out. Last one. Deep breath in. Breathe out and remember that you are doing your best. You are learning at every step, every corner, every moment you are going to get through this and you're not alone. Feel free to come back to this list anytime that you need it, and also reach out to me if you.

Any help or you have questions or you just, you know, you just wanna say hi and know that [00:06:00] you're talking to someone who's been there before. You can reach me on Instagram @thelandscapenerd, or you can email me at [thelandscapenerd@gmail.com](mailto:thelandscapenerd@gmail.com). I hope you have a great rest of your day, or if you're listening to this at night, I hope you feel better and feel ready to get some rest, but either way, move forward knowing you are not an imposter, and that we're all in it together.