

# CARRA YODER

## Host of The Journey Podcast



### ABOUT CARRA

Carra grew up in Green Bay, Wisconsin. She has also lived in Tampa, FL, but currently resides in Los Angeles, CA. She has an associate's degree in Veterinary Technology from Madison Area Technical College and a BS in Marketing specializing in PR from Colorado State University Global.

Carra has always had an enormous love for animals. She has been a veterinary technician (CVT/RVT) for over 17 years and enjoys helping take care of pets by working part-time with a mobile veterinary service.

*THE JOURNEY* PODCAST 



coming soon

This podcast's mission is to bring more awareness to eating disorders, mental health, and how being in nature can help heal.

*12 episodes*

SEASON 01

Carra has struggled with depression, anxiety, PTSD, and an eating disorder all her life. Last June 2021, she was placed on a suicide hold and was in the hospital for six days. Her eating disorders were discovered during that hold, and she was admitted to Reason's Eating Disorder program for four months. Her life has completely changed because of this program. She wants to help change the conversation around mental health and eating disorders by bringing education and her journey to the podcast stage.

# OUTDOORS

## SOLO

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Carra's other love is the great outdoors. In 2019 she started on a solo journey of solo hiking, camping, and backpacking to find herself through nature. Unfortunately, that was cut short because of the 2020 pandemic and getting diagnosed with Fibromyalgia. However, Carra is slowly getting back out there and aims to visit every National Park and State Park in the United States!



## MORE

INSPIRE. LOVE. SELF. NATURE.

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She's a Taurus, so naturally, nature is where she feels the best! But through the start of her journey, Carra not only noticed, but other people noticed the change in her. She found that nature has helped her discover who she is, love that person, and expand on that. She hopes to bring more attention to the healing nature of being in nature, solo or with a pack, to help with mental health and eating disorders.



## MY BLOG

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A SOLO JOURNEY OF SELF  
REFLECTION AND SELF LOVE

[jumpinginsolo.com](http://jumpinginsolo.com)

## JUMPING IN SOLO

**I have gone through my life without self love. I now understand that the greatest thing in life is self love. Getting there is a journey. Follow me as I discover what self love is through nature and life!**