

## GENERAL SELF CARE

<b>AUTHOR(S):</b>	Westchester Jewish Community Services & Foundation for Jewish Camp (with resources from National Council of Behavioral Health & Crisis Prevention Institute)
<b>SUMMARY:</b>	Self-Care is critically important when working in a leadership role with campers and other camp staff. This is a discussion around good self-care practices and encouraging individuals to create a self-care plan. Having a plan to rely on <i>before</i> becoming in desperate need will help mitigate a feeling of crisis when stressed.
<b>TOPIC(S):</b>	Communication Skills, Leadership Development, Self-care
<b>LEARNING OBJECTIVE:</b>	The participants will have a plan to take care of themselves throughout the summer as they care for others.
<b>AUDIENCE:</b>	Staff
<b>SPACE:</b>	Space for participants to sit in small group circles and one large group
<b>TIMING:</b>	10-15 minutes for discussion, longer is adding additional optional activities
<b>APPENDICES:</b>	Page 2: Create a Before / During / After Self-Care Personal Plan <i>Optional</i> Lavender Sachets: see link to appendices
<b>MATERIALS NEEDED:</b>	Copies of page 2 for listing self-care strategy ideas Paper and pens <i>Optional</i> Lavender Sachets: see link to appendices <i>Optional</i> fun pages 3 & 4

On a piece of flipchart paper in front of the group, define the meaning of “**self-care.**” Have folks give examples of things they do for self-care at home or school (outside of camp) versus what they do at camp.

**Discuss:** Is there a difference? How do they prioritize it? Why is this important?

There’s a saying: “Failing to plan is planning to fail.” Discuss some of the **following questions** to help individuals see pathways to carve out appropriate self-care opportunities before, during, and after stressful situations which will undoubtedly arise throughout the summer.

- Who is available to debrief with now?
- If I feel upset or distressed *later*, what can I do and who can I talk to?
- If I share with others, how do I ensure the confidentiality of the young person?
  - OPTIONAL: Discuss the difference between gossip and venting, and your camp’s cultural norms versus professional expectations. Share the Jewish story of Gossip & The Feather Pillow (Video version: <https://www.youtube.com/watch?v=AQKWp5ohAbo>)
- Do I need a break? **If YES, who can take my place as a camper cannot be left alone.**

Guide participants in adding some of their own suggestions or preference for self-care. Have them circle items that resonate with them, and encourage them to share with their supervisors and/or co-counselors.

### OPTIONAL PERSONAL LAVENDER POUCH RELAXATION ACTIVITY

Cornerstone 2018 program: <https://jewishcamp.org/wp-content/uploads/2018/05/Appendix-Mental-Health-and-Camper-Care-Lavendar-Pouch-Instructions.pdf> & <https://jewishcamp.org/wp-content/uploads/2018/05/Mental-Health-and-Camper-Care-3.pdf>



Here are some suggestions to reach your own tension reduction.  
Can you add some suggestions of your own?

Before	During	After
<ul style="list-style-type: none"> <li>• Exercise</li> <li>• Have fun</li> <li>• Get plenty of sleep</li> <li>• Eat right</li> <li>• Read</li> <li>• Allow enough time for travel between activities</li> <li>• Ask questions</li> <li>• Know the policies and procedures</li> <li>• Attend trainings</li> <li>• Practice, rehearse, plan</li> <li>• Be consistent</li> <li>• Communicate with peers</li> </ul>	<ul style="list-style-type: none"> <li>• Stay calm</li> <li>• Breathe</li> <li>• Use visualization</li> <li>• Think and focus</li> <li>• Check your ego and baggage at the door</li> <li>• Assess your options</li> <li>• Use the policies and procedures</li> <li>• Use your team as support</li> <li>• Step back physically and mentally</li> <li>• Don't personalize</li> <li>• Don't underestimate the power of apology</li> </ul>	<ul style="list-style-type: none"> <li>• Speak to your supervisor or Camper Care professional</li> <li>• Evaluate the situation</li> <li>• Take a break to regroup</li> <li>• Cry</li> <li>• Debrief and evaluate</li> <li>• Document the incident</li> <li>• Review the policies and procedures</li> <li>• Move on / Let it go</li> <li>• Meditate in your favorite spot</li> <li>• Attend more training</li> <li>• Practice</li> <li>• Take a walk</li> <li>• Use silence</li> </ul>

*Adapted from Washington Library Association*

<http://www.wla.org/assets/2015Conference/PreconferenceHandouts/managing%20patron.student%20behavior%20or%20ational%20detachment.pdf>

# THE MENTAL HEALTH ALL-STARS

ALLIES IN THE FIGHT AGAINST THE VOID



# stressful day TO-DO LIST

@POSITIVELYPRESENT

- LISTEN TO HAPPY SONGS 
- TELL SOMEONE "I LOVE YOU" 
- WRITE ABOUT HOW YOU FEEL 
- CELEBRATE WHAT'S WORKING 
- EAT SOMETHING HEALTHY 
- FIND A DOG 
- TAKE A TIMEOUT 
- GO OUTSIDE 
- WEAR SOMETHING COMFY 
- TRASH NEGATIVE THOUGHTS 
- DRINK WARM TEA 
- REMEMBER HOW FAR YOU'VE COME 
- LOOK AT PRETTY ART 
- DON'T OVER-BOOK 
- CALL UP A FRIEND 
- SLOW DOWN 
- COMPLIMENT YOURSELF 
- CONSIDER HOW YOU'RE LUCKY 
- KEEP IT IN PERSPECTIVE 
- BE YOUR OWN CHEERLEADER 