

GUIDE TO USE THE FJC STAFF SELF CARE PINTEREST PAGE

AUTHORS: SHAYNA KLING AND ARIC ACOPA

Follow @FJCStaffSelfCare on Pinterest

Link: https://www.pinterest.com/FJCStaffSelfCare/_saved/

WHAT IS PINTEREST?

Pinterest is a visual discovery engine for finding ideas like recipes, home and style inspiration, and more. When you discover Pins you love, save them to boards to keep your ideas organized and easy to find. Pins can include links to websites, other pinterest boards, videos, articles, pictures, and many other sources.

HOW TO USE THIS BOARD?

1. Go to the link for this board on your browser or in the Pinterest app (available for apple and android devices).
2. Click on the individual “board” (ie. Laugh Attack, Camp Counselor Things, Healthy Mind) on your computer or device
3. Explore the individual pins and click on ones that you find interesting or want to include in your personal life
 - Some pins will be a graphic that gives you all the information you need and some will take you to external websites that will provide more resources/information
4. Keep exploring and share with your friends! Pinterest gives you the option to find “related pins” and will allow you to explore more resources that are not yet pinned to our board.
5. Use the pins to make a self-care action plan to keep yourself mentally healthy throughout the year and summer!

HOW CAN THIS BOARD HELP ME/MY CAMP?

This board includes self-care categories, tips for counselor-ing, ways to stay mentally healthy, and even camp counselor jokes to boost one’s mood. All of the boards relate to camp in some way. As staff members/directors, we often have a hard time prioritizing our own mental health, so this board is meant to give concrete ideas for putting these self-care ideas into action plans.

HOW TO CONVERT THE IDEAS ON THIS PINTEREST BOARD INTO AN ACTION PLAN?

- Have staff members make a self-care plan prior to coming to camp
- Plan a staff week activity where staff make their own self-care plans (Program chart included below)
- This can be posted on the camp’s Facebook page for staff to look at throughout the summer when they want a way to de-stress
- Have staff members post the self-care practices they are utilizing from the board on social media (i.e. Instagram stories) to inspire their campers/fellow staff to do the same

STAFF WEEK ACTIVITY FOR PUTTING THESE IDEAS INTO PRACTICE:

- Have staff pick one “pin” from each category to build their summer self-care plan
- Staff can create their own format of this chart with stickers and colored pens to hang up in their cabins and keep themselves motivated
 - Possible supplies: stickers, ribbons, colorful markers, tape (to hang it up in their cabin)

EXAMPLE CHART:

<u>Which Idea/Board?</u>	<u>How will I save this idea?</u>	<u>Which days per week/ time of day?</u>	<u>Why do I connect to this pin?</u>
20 minute exercise pin - I Like to Move It Move It!	I will take a screenshot and put it as a favorite in my camera roll so I can easily look back to it. I am setting an alarm on my phone every MWF to remind myself of this plan.	I will do this MWF during the first 20 minutes of my off period	I know that staying physically healthy will help me stay less stressed and better able to focus on my campers
The Laugh Attack category as a whole	I will favorite this board on Pinterest and also take screenshots of my favorite memes	I will look at these memes when I have a camper issues and when I get sad to lift me up	Humor is a way that I can feel better, so looking at these relatable camp counselor memes will hopefully help to boost my mood
40 Journal Prompts for Anxiety - Healthy Mind	I will copy down the prompts in the front page of my journal/I will print out this graphic and tape it in the front of my journal	I will do this on Tuesdays/Thursdays because it will be a good check in during the middle of the week	Writing out my feelings helps to calm me down and out life in perspective when I get stressed

<u>Which Idea/Board?</u>	<u>How will I save this idea?</u>	<u>Which days per week/ time of day?</u>	<u>Why do I connect to this pin?</u>