

## CORNERSTONE 2020 RESOURCE

### How to Make Stress Your Friend at Camp

*Elective 3*

<b>AUTHOR(S):</b>	Natalie Goldfein and Natalie Rothstein
<b>SUMMARY:</b>	In this session you will explore your stressors, your relationship to stress, and actions you can take to address the stress. You will leave with a new understanding of stress and a plan for dealing with the stress you feel at camp and beyond. - <i>Submitted by Natalie Goldfein and Natalie Rothstein</i>
<b>TOPIC(S):</b>	Stress, Wellness
<b>LEARNING OBJECTIVE:</b>	Participants should leave this session feeling like they have a different understanding of their relationship to stress and tools to better address stress.
<b>AUDIENCE:</b>	This session is ideal for a group of 10-40 young adults and older.
<b>TIMING:</b>	90 minutes.
<b>APPENDICES:</b>	Stress Address Techniques Worksheet Jewish Tools to Managing Stress from Aish
<b>MATERIALS NEEDED:</b>	-Cardstock -Bad connector -Pens -Markers -Post it paper
<b>SET-UP DETAILS:</b>	A room with chairs around tables.

#### SESSION TIMELINE & OUTLINE:

##### Timelines

Introduction – 10 minutes

Opening Activity – 25 minutes

Stress Discussion – 15 minutes

Techniques and Tools – 25 minutes

Closing Debrief – 15 minutes

### **Introduction** (10 minutes)

Who we are – introduce ourselves and the people in the room

(Stress doesn't ever totally go away (stress management), it shows up to inform us)

Share "Jewish Tools to Managing Stress"

### **Opening:360 View of Stress** (25 minutes)

The purpose of this activity is to get participants moving and to start understanding their stress more clearly. The activity has three rounds (all described below). On four pieces of post-it paper hanging in different areas of the space, will be four different camp related scenarios that could be stressful for people. In each scenario, will be an added part of the scenario that incorporates conflict. Each round, you will ask the corresponding question and have the participants go stand in front of the scenario that is resonating most for them. For the first two rounds, the conflict words will be covered, and then uncovered for the last round. In each round, you will have the participants discuss the three questions with the other participants standing at that scenario.

Each round will have processing and discussion with the group by the same experience. Three questions for each round in your small group.

- A. What do you love/feel stressed about by this? (love for round one, stressed for rounds two and three)
- B. What is your experience interacting with this?
- C. Bring this back to who you are and your role at camp, why do you feel this way about it?

Round 1: Which of these do you love doing the most?

Round 2: Which of these causes you the most stress?

Round 3: (Remove the covers to add the challenging words) Now, which of these causes you the most stress?

1. Planning a program (last minute)
2. Supporting a (homesick) camper
3. Working (through conflict) with a co counselor
4. Having an important (difficult) conversation with a supervisor

Points to offer:

- Stress is a signal that we care
- We all experience stuff differently
- Different things give each of us different experiences
- We are not all stressed by the same things
- We all have different ways of responding (or reacting) to stress
- Noticing when a difficult component is added, how does that impact your experience with something

### **Stress Discussion**\_(15 minutes)

During this time is a chance to take a deeper dive into defining, understanding and reframing stress. In this discussion, the differences between good and bad stress will be described.

Defining stress: A physiological and psychological response to a situation or interaction in the past, present, or future. These situations and interactions often involve internal and external pressures.

Behaviors and stress

- What's the right way to deal with your personal stress at camp?
- And what's the ripple effect when stress isn't being addressed?

Camp stressors:

Possibly overlooked stressors:

## **Tools to Address Stress** (25 minutes total)

Techniques Worksheet: Share with participants a brief description of each tool and have them write down notes. (10 minutes)

Breath - Belly Breath, 4x4x4

Movement - Qigong - Body Scan

Connection (with others)

Writing/Communication

Asking for help

Delegating

Reframe

Rest

Hydration and Nourishment

Have Some Fun

Have participants add other techniques to relieve stress

## **Stress Wheel Activity (15 minutes) –**

Participants will make a stress wheel using two pieces of cardstock (or paper plates) cut into circles, one bigger and one smaller like the model below. The structure is similar to a job/chore wheel.

The smaller will go on top of the larger circle, attached at the center with a pin so that you can turn the smaller circle. On the outer circle, will be different tools that participants write out (from the technique worksheet) and on the inside will be specific stressors that the participant experiences. They will be able to spin the inside to match a stressor to a tool they could use that's on the outside.



**Closing Debrief** (10 minutes)

Discuss the following questions with participants as a closing group (either as a whole group, think/pair/share, or individual reflection)

How can you use this for yourself at camp?

What's one thing you could imagine could be helpful outside of camp?

**ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:**

<https://www.healthline.com/health/psychological-stress#signs>