

SELF-CARE CHECKLISTS

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WHAT THEY ARE

Camp is the happiest place in the world, but we know that it can at times be overwhelming or exhausting. As part of Foundation for Jewish Camp's Mental Health and Wellness Internship Project, we created these streamlined checklists that we hope will inspire your staff and campers to check in with themselves, take a moment to pause, and do what they need to stay mentally healthy throughout the summer.

HOW TO USE THEM

We've provided multiple templates for different places at camp: dining halls, bunks, the health center, as well as a generic template and one that can be placed on staff lanyards. We hope you will edit these posters as it fits your camp, print them, and place them around your camp so that campers and staff have readily available resources to help them self-regulate.

**WE HOPE THESE CHECKLISTS HELP YOU AND YOUR CAMP
COMMUNITY HAVE A SAFE, SUCCESSFUL, AND HAPPY SUMMER!**

- HARRISON, ELANA, AND FJC

GENERIC TEMPLATE



Feeling overwhelmed?

- ☐ Breathe
- ☐ Hydrate
- ☐ Take Some Alone Time
- ☐ Talk To a Friend or Counselor

Try these activities!

Write a letter home, journal, move around, stretch, go for a walk, play cards, read a book, or anything that makes you happy!

You got this!



DINING HALL

FEELING OVERWHELMED?

-  Breathe
-  Hydrate
-  Take Some Alone Time
-  Talk to a Friend or Counselor
-  Eat Your Favorite Food!

TRY THESE ACTIVITIES!

Write a letter home, journal, move around, stretch, go for a walk, play cards, read a book, or anything that makes you happy!

YOU GOT THIS!

Feeling overwhelmed?

- Breathe
- Hydrate
- Take Some Alone Time
- Talk to a Friend or Counselor
- Talk to the Nurse

Try these activities

Write a letter, journal, stretch, meditate, dance, go for a walk, play cards, read a book, or anything that makes you happy!

You got this!

BUNKS

FEELING OVERWHELMED?

- ☐ Breathe
- ☐ Hydrate
- ☐ Take Some Alone Time
- ☐ Talk to a Friend or Counselor
- ☐ Take a Break on your Bed

TRY THESE ACTIVITIES!

Write a letter, journal, move around, stretch, go for a walk, play cards, read a book, stretch, meditate, or anything that makes you happy!

YOU GOT THIS!

Feeling overwhelmed?

- ☐ Breathe
- ☐ Hydrate
- ☐ Take Some Alone Time
- ☐ Talk to a Friend or Counselor
- ☐ Jump in the Pool!

Try these activities!

Lie by the pool, write a letter, journal, stretch, meditate, dance, go for a walk, play cards, read a book, or anything that makes you happy!

You got this!

STAFF LOUNGE

FEELING OVERWHELMED?

- ☐ Breathe
- ☐ Hydrate
- ☐ Take Some Alone Time
- ☐ Talk to a Friend
- ☐ Take a Mental Break from Camp

TRY THESE ACTIVITIES!

Write a letter home, journal, move around, stretch, go for a walk, play cards, read a book, call a friend, or anything that makes you happy!

YOU GOT THIS!

STAFF LANYARD

FEELING OVERWHELMED?

Try these activities!

- | | |
|---|---------------------------------|
| <input type="checkbox"/> Breathe | Write a letter, journal, move |
| <input type="checkbox"/> Hydrate | around, stretch, go for a walk, |
| <input type="checkbox"/> Take Some Alone Time | play cards, read a book, |
| <input type="checkbox"/> Talk to a Friend | stretch, meditate, or anything |
| <input type="checkbox"/> Take a Mental Break from | that makes you happy |
| Camp | |

YOU GOT THIS!