

Title: The Self Care Hike

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SUMMARY:	Through guided, moving meditation, staff practice relaxation techniques, and the importance of refueling grounded in the text “Im ein ani li, mi li?”
TOPIC(S):	Self Care, Self Awareness, Professional Development
LEARNING OBJECTIVE:	Participants will be able to identify negative “noise” and moments where their energy is being depleted and use self-care tools to help replenish themselves
AUDIENCE:	Staff
TIMING:	Can be used at any transitional time, pre, during or post summer
APPENDICES:	NONE
MATERIALS NEEDED:	NONE or if you want, copies of text “Im ein ani li, mi li?”
SET-UP DETAILS:	Outdoor, quiet space away from main camp

Session Timeline & Outline:

15 - 20 Minutes Total

0-2: Taking Stock

3-5: Listening

6-10: Moving Meditation

11-15 (or 20): Debrief

2 Min Taking Stock of our Mental State

Gather group in a circle and ask them to close their eyes. Guide the group in 5 slow cycles of breath, listening to the sounds of the air moving in and out, focusing on the words “Breathe in, Breathe out”. While breathing, thoughts may come up and that’s ok, practice noticing the thought without judgement and allowing it to drift away as you exhale.

3 Min Listening within and Without

With eyes still closed, breathing at a comfortable pace, explain the Shema and the concept of listening and hearing. This is a central component of Jewish prayer. Depending on how the Shema is used at Camp, one can go deeper in to the explanation of the prayer and its use. Now ask the group to start to notice the sounds outside their bodies. Remind group that if and when “internal noise” comes up, that they can acknowledge it and let it go with an exhale, refocusing on listening to what is around them.

5 Min Moving Meditation

Ask the group to open their eyes and, explain that for the next few minutes we’re going to add on to the practice of listening by moving through nature. One at a time, send them ahead on the trail (or to walk and find a space where they can sit alone, depending on your camp’s layout), encouraging them to notice the sounds around them, continuing to focus on their breath, and also to notice any “noise” that comes up and give themselves permission to exhale the thought away.

5-8 Min If I am not for myself, who will be for me? / “Im ein ani li, mi li?” - Discuss & Debrief

At the end of 5 minutes, Stop the walk or gather the group back together. Provide slips of paper with text or bring a large poster with words or just do it verbally.

- How does this text resonate with you in relation with your work at camp?

Key Point for facilitator: As much as we give of ourselves at camp, our capacity to give to others is directly related to the amount of “gas we have in our own tanks”.

- What are the moments at camp that you have felt depleted? Ask for a few examples but don’t let it get out of hand. (this should be a brief, 1 sentence example, not a complaining session)
- What are moments at camp that you have felt replenished? What gives you energy?
- What would it look like to acknowledge when you are experiencing a moment of depletion and remind yourself of self care?

- What relaxation tools that you use at home or at school might you incorporate into your self-care for the rest of the session.

Key Takeaway: Self-care is essential. What is one way that you can give yourself permission to quiet the noise? What will you do in committing to being for yourself in order to be for others? This can be a group discussion with ideas or ask each person to share their intention, based on the group. This could be done in co-counselor or eidah groups to facilitate holding each other accountable.