

## CORNERSTONE 2018 RESOURCE

### Mental Health and Camper Care *Specialty Track 3*

<b>AUTHOR(S):</b>	Natalie Rothstein
<b>SUMMARY:</b>	In this session, you will learn about self-care and resilience. The session will offer discussion to explore different forms of self-care and how to utilize and facilitate self-care for wellness. - <i>Submitted by Natalie Rothstein</i>
<b>TOPIC(S):</b>	Resilience, Self-Care, and Wellness
<b>LEARNING OBJECTIVE:</b>	Participants will leave this session with a better understanding of the direct correlation of self-care to wellness and with different ways to utilize self-care.
<b>AUDIENCE:</b>	Age range for this session would be for 18-year-olds and up, target group size would be up to 50 participants.
<b>TIMING:</b>	90 minutes
<b>APPENDICES:</b>	Lavender pouch instructions
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>-Flip chart – 1</li> <li>-Flip chart stand – 1</li> <li>-Sharpie to write on flip chart</li> <li>-4 by 6 notecards – 1 per participant</li> <li>-Pens – 1 per participant</li> <li>-Permanent markers – 1 for every 5 participants</li> <li>-Lavender Buds - enough for 2 TBS per participant</li> <li>-Rice – enough for 4 TBS per participant</li> <li>-Lavender essential oil – 1 bottle</li> <li>-Small plastic bowls - 1 per participant</li> <li>-plastic spoons - 1 per participant</li> <li>-measuring spoons – 1 per group</li> <li>-cotton pouches - 1 per participant</li> </ul>
<b>SET-UP DETAILS:</b>	Participants should be sitting in a circle. The activity can either happen in a room with a circle of chairs or in an outdoor space with enough room for the whole group to sit in 1 circle. There should be enough space in the circle for the flip chart for the facilitator.

The materials for the self-care activity should be set up on a table in categories by material. There should be enough materials for 5 work stations. Each station should have a bowl of rice, a bowl of lavender buds, 1 mixing bowl for each participant, 1 spoon for each participant, tablespoon measuring spoon, 1 pouch for each participant and permanent markers.

### SESSION TIMELINE & OUTLINE:

#### Timeline

- Regroup check in – 5 minutes
- Resilience discussion- 20 minutes
- What is Self-care? – 15 minutes
- Self-care at Camp - 15 minutes
- Self-care Tool Activity – 15 minutes
- Specialty Track Wrap Up and Take Away – 20 minutes

#### Step-by-step Breakdown

- **Regroup check in** – 5 minutes –This is a time for any questions from previous session and to refresh of safer space guidelines if necessary.
- **Resilience discussion**- 20 minutes - Defining resilience through a discussion. Ask participants to define resilience and then provide the following definition for resilience from the American Psychological Association:
  - **Resilience** is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious **health** problems or workplace and financial stressors. It **means** "bouncing back" from difficult experiences.

Follow the definition with the following questions:

  - How does camp help create resilience?
  - Why is resilience important and how can resilience be preventative?
  - When can it be hard to be resilient at camp?
  - How do we promote resilience in campers and staff?
- **What is Self-care?** – 15 minutes
  - Provide definition for self-care:
  - Facilitator explains the connection of resilience and self-care. Self-care has a direct correlation to helping promote resilience. When self-care is made a priority, it can help prevent burn out. Self-care is intentional time put aside for yourself to restore.
  - Facilitate discussion around different forms of self-care by asking for feedback from participants:
  - What are ways you practice self-care? (Facilitator should write what participants share on the flip chart)
    - If participants are not providing variety, here are examples: meditation, exercise, yoga, taking a bath, taking a walk, talking to a friend or family member, watching your favorite TV show or movie, playing video games, reading a book, spending time outside, gratitude practice.
    - hitbodedut- which translates to solitude and the idea of interior seclusion for prayer and meditation. Although Judaism does not generally recommend that one withdraws from the community, this practice can be seen as a time to connect to G-d alone and provide self-care and healing by taking time to:

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complain, cry, or express gratitude. If something going on for you is important to you then it's important to G-d; this process can help turn pain into an act of love and not holding it to yourself, creates closeness and intimacy with G-d.

This is not a replacement to therapy, but a form of self-care through catharsis and reflection.

- Give each participant a 4 x 6 notecard to write down a list of self-care practices for them to take home with them and have as a reminder to practice self-care "The Ways I Can Practice Self-care"
- **Self-care at Camp** - 15 minutes – facilitate a discussion about why self-care is important at camp and how to promote that with campers and staff by asking the following questions:
  - What does self-care look like at camp? (Facilitator should write these on the flip chart)
    - Important things to add if they are not touched on: keeping your space clean, getting sleep and rest, using time off mindfully to be restorative, regular hygiene practices, taking time alone when needed, taking time to breath
  - How do you promote self-care to campers and staff?
- **Self-care Tool Activity** – 15 minutes – Create lavender pouches that promote calmness and relaxation. 5 stations will be set up with all of the materials and participants will follow instructions and measure out their own ingredients. Have participants break into 5 groups and collect 1 of each of the necessary materials to create a work area for their group. The facilitator can walk around offering drops of the essential oil.

### Lavender Pouch Making

#### Materials

- 1 pouch
- 1/8 cup (2 tablespoons) of lavender
- 1/4 cup (4 tablespoons) of rice
- 1-2 drops essential oil (optional)

First write with a permanent marker on your pouch whatever you would like. In a small bowl, mix the dried lavender with the rice. If you'd like a stronger lavender scent, stir in a few drops of lavender essential oil. Using a small spoon, carefully add the lavender mixture into your sachet. Tie the pouch closes with a double knot to keep it from opening. Enjoy for calming and wonderful self-care! These pouches can also be used as a Havdalah Spice Bag.

- **Session Wrap Up (Specialty Track Wrap Up for Cornerstone) and Take Away** – 20 minutes – During this time offer for an opportunity for reflection and discussion after the completion of the specialty track. Some potential questions:
  - How will you apply what you learned through this track at camp?
  - What are some of the most significant takeaways for you?
  - How will you take care of yourself differently next summer at camp?
  - How do you plan to be a mental health promoter at camp?
  - What ways do you want to continue learning about this topic?



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

The lavender pouch making activity can be done on its own in a mini self-care workshop. That session could include the portion about “What is Self-care” and “Self-care Tool Activity.” This would be a quick way to emphasize the importance of self-care and also could happen with a larger group and a wider age-range.