

## **Supporting Campers with Anxiety**

Continuing the Conversation

*By Natalie Rothstein*

Suggested ways to work with staff to support campers with anxiety throughout the summer:

- Remind staff of the toolbox for anxiety management
- Pull together small groups of staff who are seeing higher levels of anxiety in campers to discuss the following questions and help each other brainstorm:
  - What are themes you're seeing with these campers?
  - When are you seeing anxiety levels heighten?
  - How have you been doing in terms of preventative support?
  - What are things that haven't worked in supporting these campers?
  - What are things that have worked in supporting these campers?
- Provide articles about anxiety for staff to read- Psychologytoday.com and psychcentral.com are great websites with blogs
  - <https://www.psychologytoday.com/us/basics/anxiety>
  - <https://www.psychologytoday.com/us/conditions/social-anxiety-disorder-social-phobia>
  - <https://www.psychologytoday.com/us/blog/happiness-is-state-mind/201708/understanding-anxiety-different-perspective>

Please don't hesitate to reach out if you have any questions or would like to continue the conversation following the Supporting Campers with Anxiety training, my email is [natalie@nrpsychotherapy.com](mailto:natalie@nrpsychotherapy.com) and my number is 312-650-9727.