

A Follow Up to Self-Care: The Art of Being Your Best-Self, Not Your Stressed-Self

Activities to Keep Self-Care Going Throughout the Summer!

- Activity Option for Staff or Campers: create a self-care box (or bag, or envelope - be creative).
 - Participants can bring or collect things that they can use to take care of themselves. Alternatively, camp can offer things that they can pick and choose from (snacks, drinks, small journals, inspirational quotes, fidgets, posters, a template for a credit list, a template to give credit or a kind note to someone else). Have fun materials available to decorate the box, bag, or envelope. Everyone should keep this someplace where they'll remember to use it when they need it.
- Activity Option for Staff or Campers: create a simple self-care statement or self-care practice.
 - Create a card or poster reminders. Things like:
 - “If I’m doing or thinking this, then I want to...”
 - A list of healthy ways of de-stressing
 - Something that gives you a positive thought, a statement, or reminder that you want to remember every day.
- Mid-Summer (or weekly) during a staff meeting: Ask staff to check in on their self-care plan. How’s it going? Any adjustments that need to be made? What do they need from the team to support them in continuing self-care?
- Mid-Summer during a staff meeting: Have staff re-take the self-care assessment. How are they doing? What do they need to work on?
- Ongoing: Give out some kind of acknowledgement (gold star, paper plate award, piece of candy, “great job” note, verbal mention) of staff and/or campers who you notice actively engaging in self-care. Rewarding it will create a culture of self-care!