

# Because I Matter: Self Care for Camp People Cornerstone 2019

## Notes from the Field: Successful Camp Counselor Self-Care Thoughts, Habits & Routines

### *Top Suggestions and a Few Others:*

- Drink lots of water – don't get dehydrated
- Eat during meals and make sure you are getting the right nutrition
- If needed, bring dietary supplements (gummies).
- Bring some of your own food with you to camp if permitted
- Talk to people you love. Have phone calls with friends from home.
- Spend time after hours blowing off steam with other staff members.
- SLEEP – get at least 3-4 full night's sleep per week. Consistent sleep.
- Use days off to do things that are restful and allow you to detach from your job as much as possible.
- Self-advocate – if you're over-exhausted and struggling, speak up.
- Get over FOMO of hanging out late with staff. You gotta sleep.
- Set hard deadlines for when you need to be in bed.
- Get a buddy to help you with accountability for sleep and other self-care.
- Be a good role model for younger staff by taking care of yourself.
- Be open with your coworkers about what your self-care needs are and if you need help making them happen.
- Try out different self-care actions.
- Set realistic goals.
- List your favorite camp activities and do them during your time off.
- Leave camp and eat ice cream!
- Take time off with someone else.
- Get a massage.
- Let your friends take care of you.
- Allow "adults" at camp to care for you.
- Trust your coworkers – work on your humility and delegation – trust that you can take time off.
- Ask for help.
- Have fun! With our campers and your peers.
- Don't get caught up in the "camp politics" and petty staff drama.
- Build yourself a support system.