

# Because I Matter: Self Care for Camp Folks 2019

## Quick Techniques for Successful Humans & Camp Staff Members

### **Got 1 Minute?**

- Smile
- Body Scan
- Tarzan Yell
- Eat a Piece of Fruit
- Burpees, Jumping Jacks, Walk in Place
- Spontaneous Qigong – shake it off

### **Got 5 Minutes?**

- Stumped: Perspective Shift: What would my mom (best friend, fav boss, excellent TV character) say about how to deal with this?
- Sit for 5 mindful minutes and follow your breath in and out
- Do something kind for someone who could use a kindness
- Stretch your body
- Infinity breath to cultivate patience
- Dance (put on the disco!)

### **Got 20 Minutes or More?**

- Walk around your neighborhood and notice 5 good things – speak them
- Call a friend and have a real conversation
- Exercise
- Listen to a podcast or some music and check out for a few minutes
- Coloring book
- Get offline
- Enjoy a hobby (or make a new one)

***You Can't Pour from An Empty Cup...Take Care of Yourself First.***