

### YOU Matter: Taking Care of Yourself at Camp and Beyond!

*Elective*

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<b>SUMMARY:</b>	YOU are what makes camp successful. Being able to perform well comes from taking care of yourself. Come learn about and design your own personalized self-care plan for the summer and beyond! - <i>Submitted by Natalie Goldfein</i>
<b>TOPIC(S):</b>	Self-Care, Well Being
<b>LEARNING OBJECTIVE:</b>	You will understand the importance of taking great care of yourself and have a plan in place for the summer to do that.
<b>AUDIENCE:</b>	Camp Staff
<b>TIMING:</b>	90 minutes
<b>APPENDICES:</b>	Text Study Successful Camp Directors Nat's Self Care Techniques Because I Matter Worksheet
<b>MATERIALS NEEDED:</b>	Flip Chart Paper on Walls Markers for each person
<b>SET-UP DETAILS:</b>	Room with wall space for flip chart paper, room to move and moveable chairs

#### SESSION TIMELINE & OUTLINE:

##### Objectives:

- To understand why self-care is so important and Jewish.
- To learn new simple techniques that make a big difference
- To identify where the blocks come in for taking care of yourself and creating a plan to get past it.
- To decide on 4 things to do regularly @camp.
- To share and own the importance of YOU being cared for.
- To share input from successful camp professionals and counselors
- To know that regular practice and consistency (even if not daily) is key and worth going for. (doesn't have to be a full day – there are quick solutions)

### Plan:

1. Welcome and introduction of who is here and who the facilitator is. (3 min)
2. When you hear the term Self Care – what does it mean and feel like for you? (5 min)  
Discuss: It may bring up “not doing it well enough, or it’s selfish” ideas. Let all thoughts come out.
3. Why Take Care of Yourself? (15 min)  
Jewish Text and concepts:  
Invite participants to sit in pairs and using the Text sheet explore the text resources and how they relate to and what they say about self care.
  - a. Sanhedrin 64b. - Oxygen mask – take care of you so you can take care of them  
Returning of objects a really big deal for the rabbis. Significant mitzvah to return something to someone. Hashavat Avedah – returning something lost. Attn and care given to how this should be done. So if it is to us – it’s a huge statement.  
Perhaps something to do with finding our lost stuff and returning to self.
  - b. Parker Palmer – We need you cared for so you can bring YOU to the dance.
  - c. Hitbodedut – quiet connection to let yourself expand and clear so you can be of service.  
Reflexive – being alone with yourself. (Rebbe Nachman of Bratslav was tormented, something necessary about being alone for him?)
  - d. Graphic with what self-care is and what it does.
  - e. Turn Turn Turn – time for all actions, all are necessary for a full life.
4. Introduce the ideas of MBS – Mind/Body/Spirit/Fun. A rubric for thinking about Self Care. (These can be on big flip chart paper on the walls). (3 min)  
M = Feel/Thoughts & Attitudes  
B = Function/Physical  
S = Fulfill/ What is Soul-feeding  
F = FUN!
5. Share Resource of Top Ideas from Camp Professionals (Counselors) (15)  
Read quietly and ask for which ones resonate for people.  
What are other ideas they have for taking care of themselves, having seen these?  
Discuss where each of these would be in the MBSF rubric and put them on the flip charts.
6. Brain dump (15 min)  
Invite participants to add ideas they have to the MBSF sheets on the wall.  
After everyone has had a chance to write their ideas on the wall, let folks look at what is there and ask questions if they need clarification on the ideas (or if you need them).
7. Discussion: (5 min)  
What are some of the things that get in your way of taking care of yourself?  
What are some of the ways you could get yourself supported to do these things??
8. Share Nat’s Self Care ideas: (5-7 min)  
There’s something to do for all time limitations.  
Short can be Powerful! (Practice breathing, body scan, dance/shake the body or whatever you like in the list.)

9. Create your Self-Care plan: (10 min)  
Starting point is NOW. Fill out the Worksheet (**share on the bottom what you want to try NOW – and into the summer.**)  
NEW CAMP – NEW PERSONA – NEW HABITS/ACTIONS  
Fill out the Form with actions you will work with from now and through the summer.  
Be sure to identify someone you will be working with (Cheerer) to help you check in or who can tell you to take a break and take care of yourself. Someone you trust.
10. SHARE: You may fall off the wagon. You may find these things don't fit for you. That's ok...Get back up and try something else. Seriously, the little things matter here.
11. SHARE: Offer to check in during the summer, AND if anyone wants to talk with me, I'm here and happy to be of service.
12. CLOSE (5 min) with each person sharing one thing they are going to start doing right now to care for themselves.  
REMINDER: We need you to be the best you can be – you are what makes camp so special for our campers and community. You gotta take care of yourself!
12. Remind or Email participants as camp begins with what they said they would do. And to find a Cheerer to partner with.