



Robyn Isman, LICSW

THERAPIST & CLINICAL
SOCIAL WORKER



Jewish Summers. Jewish Future.

Activity

The Invisible String Means to Me (adapted by Robyn Isman, LICSW from The Invisible String Workbook)

Goals:

- ❖ Reframe the feeling of being separated
- ❖ Encourage connection
- ❖ Form positive present while having constructive connection to past memories

This can be done as individuals, a group, a staff, or a family

Directions:

Imagine you have an invisible string. Consider that this string is attached to your heart and head. Take a moment to write or discuss the following prompts:

- ✚ My string reaches....
- ✚ My string keeps me....
- ✚ Sometimes my string gets....
- ✚ My invisible string is....
- ✚ One day my string will....

As a group, or individually, write a story, poem or song formed from the thoughts formed



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Glossary of Relevant Terms:

Grief: A feeling of deep sorrow

Anxiety: A decrease in control and increase in uncertainty

Trauma: A deeply distressing or disturbing experience

Resilience: The capacity to recover quickly from difficulties

Understanding the Impact:

Types of grief:

- ✦ Real grief addresses what we have already lost in this pandemic
- ✦ Imaginary grief is the loss of the fantasy or assumption of what our lives would be like
- ✦ Anticipated grief is looking ahead and preparing for an impending loss

Side effects of anxiety and grief:

- ✦ Anger
- ✦ Irritability
- ✦ Numbness
- ✦ Distractibility

Handling self during trauma:

- ✦ It is difficult to process trauma while going through it
- ✦ Goal is to get through this time with self-care and support with a plan to process when things calm down
- ✦ It is okay to be in survival mode, but try to incorporate some of the following to improve your chances of recovery

Resiliency Tips:

Selfcare:

- ✦ One non work-related practice a day (at least)
- ✦ Realistic boundaries around answering emails and phone calls
- ✦ Staying in our own lane aka understanding your role. The big picture is very layered, each person has their own role.
- ✦ What is in our control vs what is not in our control. Focus on what is within our control.



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T H E R A P I S T & C L I N I C A L
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As the camp professionals and leadership, you are going to be a face to receive these emotions. We cannot internalize.

Ideas on how to not internalize:

- ✚ Talk to peers
- ✚ Create a mantra (i.e. “this is not my backpack”)
- ✚ Think of one piece of positive feedback for every negative piece
- ✚ One positive thought for every negative thought

As the people working so hard all year you might be experiencing grief related to the loss of all the time and energy you have spent preparing for this Summer. Consider what themes can be preserved. This will be wonderful for the communities you serve AND bring hope back into the picture. All is not lost.

Themes to preserve:

- ✚ Collaboration
- ✚ Tikkun Olam
- ✚ Leadership
- ✚ Developing programs
- ✚ Communicating

Supporting your team:

- ✚ Use skills you use at camp
- ✚ Show appreciation
- ✚ Assign roles as appropriate
- ✚ Take care of yourself so you can take care of others



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Activity

Celebrate New Beginnings (adapted by Robyn Isman, LICSW from The Invisible String Workbook)

Goals:

- ❖ Reduce anxiety about something new
- ❖ Increase preparation and planning skills

This can be done as individuals, a group, a staff, or a family

Supplies:

- ✓ Paper or Poster Board
- ✓ Markers, crayons, paints, pictures, collage materials or stickers
- ✓ Glue

Directions:

- 1) Think about the new beginning you are going to have
- 2) Fill the poster board with all the good things about this new beginning
- 3) Share the poster and discuss:
 - ❖ What do you gain with this new beginning?
 - ❖ What is something you would like to learn?
 - ❖ What is something you would like to share?