

POCKET GROUNDING GUIDE FOR STAFF

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SUMMARY:	A guide with practices to help staff be present in moments of stress. These have a variety of approaches, with discretion in mind.
TOPIC(S):	Principal focus is meant to center camp staff in moments of stress, and provide focus on mental and emotional wellbeing.
LEARNING OBJECTIVE:	Stronger appreciation for mindful practice and self-care, and implementation into their camp or daily life.
AUDIENCE:	All members of camp staff: counselors, leadership. Can be introduced to campers at the discretion of camp leadership.
TIMING:	Aimed to be used at any time a staff member may need it, exercises are brief (3 minutes max), and can be repeated.
APPENDICES:	Pamphlet guide
MATERIALS NEEDED:	Attached pamphlet guide
SET-UP DETAILS:	<p>The explanation of this guide can be done during staff training, at the choice of session leaders. The creators of this pamphlet encourage a supplemental survey to be handed out before, during, and after a camp session to assess how effective the guide was for staff.</p> <p>Can be printed out (formatted with 2 pages per page in printing) and assembled by staff, or kept electronically.</p>

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SESSION TIMELINE:

Ongoing. Initial introduction should be no more than 5 minutes.

OUTLINE:**STEP 1**

Introduce the concept of mindfulness to staff, and the importance of mental and emotional care during camp.

STEP 2

Explain the guide as a resource, with practices of mindfulness to assist in stress relief. The practices are discrete, so they may be done even in the presence of campers.

STEP 3

We learn in the Torah that “A kind person is one who takes care of themselves.” Let’s take care of ourselves so we can take care of our kids, and be the best version of ourselves for those around us.

STEP 4

This guide is meant to help, not be a burden. There will be a questionnaire before/during/after camp session to ask each staff member what they got out of the guide, if it was helpful, and any other suggestions or comments they may have

STEP 5

The session leader should also provide information about camp mental health resources; this can be flexible and adapted to each individual camp (i.e the use of phones, or where to find someone). Camp directors can also provide at their discretion, other mental health resources outside of the camp atmosphere (i.e NAMI, Blue Dove).

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

The creators of this guide also highly encourage all other forms of expression- doodle on the margins or write in other practices you are aware of, or that are suggested to you.

The session leader can also walk through a practice when introducing the guide.

At the discretion of the camp director, this guide may be delivered to campers; whether campers get their own copy, or staff is encouraged to lead their cabin groups in mindful sessions.

A POCKET GROUNDING GUIDE FOR STAFF

The goal of this pocket guide is to provide you with mindfulness exercises to help “ground” you; in other words, when you are feeling overwhelmed, you can turn to these practices to bring you back to the present moment and reset. The goal of these exercises is for them to be discrete, so you are able to do them even in the presence of your campers.

Each exercise will include an explanation (the “what”) and instructions (the “how”). You may use the practices in any order you wish.

REMEMBER...

“A KIND PERSON TAKES CARE OF THEMSELF.” - PROVERBS, 11:17



GIVING GRATITUDE

- ❑ **WHAT:** Practice gratitude for what is around you, big or small.
- ❑ **HOW:** When you wake up, before you go to sleep, or whenever you feel overwhelmed, start with at least one thing you are grateful for. Say it aloud, think it in your mind, or write it down-- whatever feels most comfortable for you.

I AM GRATEFUL FOR THE FRESH AIR.



MINDFUL WALKING

- ❑ **WHAT:** Practicing mindfulness when you are walking.
- ❑ **HOW:** There are actually two methods!
 - When you are walking, pay special attention to the movement of your body. How your heel hits the ground, then the ball of your feet, then toes come after. How does your knee bend when you walk? Is your head down? *Start this practice with 10 steps.*
 - With each step, observe the environment around you: the smell of the air, the crunch of leaves, the chirping of birds. *Start this practice with 10 steps*



R.A.I.N

□ **WHAT:** This is a more cognitive exercise to process our emotions when we are overwhelmed.

□ **HOW:**

R: Recognize. Put a name to what is happening.

- A camper is being very difficult.
- A staff member is being unprofessional.

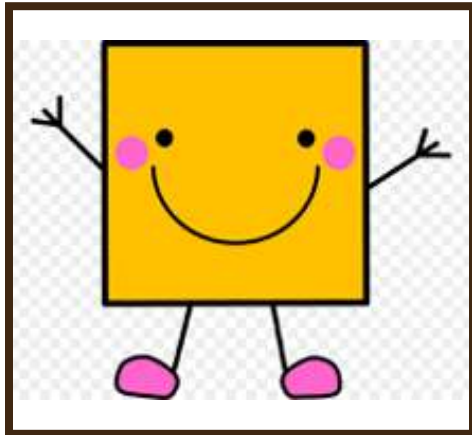
A: Accept. This can be difficult, however, it is important to let life be as it is at *this particular moment*, and not exert your own energy to change it.

- *This camper is being difficult and rude, but I cannot do anything at this moment.*
- *This staff member is acting meanly, but I will not do anything at this moment.*

I: Investigate. How is this making you feel?

- This camper is making me feel frustrated and impatient.
- *This staff member is making me feel hurt and left out.*

N: Non-Identification. Recognize that this feeling and experience are temporary. This is not a reflection of you.



SQUARE BREATHING

□ **WHAT:** This is a breathing exercise with equal parts, resembling a square.

□ **HOW:** Inhale for 4 seconds. Hold your breath for 4 seconds. Exhale for 4 seconds. Hold for 4 seconds. Repeat 4 times.

- You can repeat this as many times as you would like until you feel more settled.



5-4-3-2-1

□ **WHAT:** Return your mind to center by acknowledging the world around you.

□ **HOW:** Sit or stand comfortably, and take a few slow, deep breaths. Think to yourself and name (silently or aloud):

- **5** things you can **SEE**
- **4** things you can **TOUCH**
- **3** things you can **HEAR**
- **2** things you can **SMELL**
- **1** thing you can **TASTE**



DRAW AROUND YOUR FOOT

- **WHAT:** Shift your focus from your mind to your body.
- **HOW:** Plant your feet firmly and comfortably into the ground. Imagine a paintbrush full of your favorite color, and starting with your heel, begin tracing around one foot with your mental paintbrush. Slowly trace along the side of your foot, around each toe, and back around to the heel.
 - Repeat this exercise with the other foot.
 - Continue tracing as many times as you feel comfortable, changing colors if you feel so inclined.



RAISIN MEDITATION

- **WHAT:** A mindfulness exercise that is great for a dining hall setting.
- **HOW:** There are eight steps (it can be completed with ANY food, but raisins are our example):
 1. **HOLDING:** Find a raisin and hold it in your hand.
 2. **SEEING:** Focus on the way the raisin looks. Visually explore all of its unique qualities. Pretend you have never seen a raisin before; do you notice any patterns in its shape? Color? Let your eyes go on an adventure.
 3. **TOUCHING:** Turn the raisin over in your fingers. Feel its ridges and edges. Acknowledge its texture and shape. Close your eyes if this further engages your sense of touch.
 4. **SMELLING:** Bring the raisin closer to your nose. Inhale deeply, and notice the smell or aroma that might come from the raisin. Is it sweet? Savory? As you acknowledge the scent of the raisin, notice any changes that might be happening in your mouth or stomach.
 5. **PLACING:** Slowly bring the raisin to your lips, using your arm and hands intentionally to perfectly position the raisin. Softly place the raisin in your mouth, and without chewing, notice how the raisin tastes and feels on your tongue.
 6. **TASTING:** When you feel ready, begin to chew the raisin, noticing the sensations of its taste and texture in your mouth. Recognize the raisin's placement, and continue chewing. Notice the raisin slowly changing shape and consistency. Pay attention to the way the raisin feels as it alters shape and size, slowly
 7. **SWALLOWING:** Notice if you can detect when the intention to swallow the raisin begins to show through. When you feel ready, begin to swallow the raisin.
 8. **FOLLOWING:** Finally, feel the raisin slowly move down into your stomach. What do you notice about the lingering sensations in your mouth and mind? Sense how your body as a whole is feeling after you have completed this exercise

OTHER IMPORTANT RESOURCES

My Camp Director's information: _____

My Mental Health Specialist's information: _____

My Unit Head's information: _____

Someone I trust at camp's information: _____