

Sharing Tips For Time Off

Managing Place & Space: Navigating
Time Off in Unique Ways

I rearrange some of
my furniture when I
am working versus
when I am relaxing

What have been helpful ways to
create spatial boundaries?

I write down intentions for starting my rest time to signal to myself that I am shifting gears.

What rituals have you used throughout the pandemic that you plan to use at camp for separating work and rest?

My camp has multiple designated areas just for staff. Some will be specifically for staff on a day off versus an hour off.

What types of supports and options does your camp already have in place for time off this summer that you think will be helpful?