

Self-Care Constructs: Beyond Bubble Baths and Yoga

AUTHOR(S): MARYN GORDON MUCASEY

SUMMARY: Discuss what “self-care” means and look at different self-care constructs that look at a more well-rounded way to take care of ourselves at camp.

GOALS:

1. Have participants reflect on their own views of self-care
2. Have participants explore different frameworks and alternatives to self-care that can be used at camp

AUDIENCE: Cornerstone Fellows, 15-20 participants

TIMING: 75 Minutes

MATERIALS: Beyond Self Care hand out, markers (4 packs), Crayons (4 packs), Card stock (squares if possible but rectangles are fine too), Construction paper, scissors, Large Post-Its, Small Post-Its.

SET-UP: Chairs around a big table, or round tables, spaces on the walls for Post-Its and enough room for people to walk around.

SESSION TIMELINE

- 00:00-00:05 – Introductions, agenda
- 00:05-00:15 – Self Reflection on Self-Care
- 00:15-00:25 – Gallery, time to add your thoughts
- 00:25-00:30 – Gallery Walk
- 00:30-00:40 – Group Discussion
- 00:40-00:50 – Teaching on Self Care Constructs (hand out the Beyond Self Care Handout)
- 00:50-00:65 – Crafting Affirmations
- 00:65-00:75 – Closing and play things that are good

SESSION OUTLINE

- 00:00-00:05 – Introductions, agenda
 - The facilitator will introduce themselves and go through the agenda for the day. Have everyone go around and share their name, camp and one thing about camp that makes them smile (keep short to just a few words).
- 00:05-00:15 – Self Reflection on Self-Care
 - Hang the prompts up on a large Post-It so every participant can see. Ask participants to take a few minutes to think, and write out on their Post-Its the answers to a few questions
 - What is your definition of “Self-Care”?
 - What is something you do at camp for “Self-Care”?
 - How does it make you feel:
 - While you’re planning to do that thing
 - The day you do that thing
 - The day after you do that thing
 - A week later?
- 00:15-00:25 – Gallery, time to add your thoughts
 - Add your Post-Its from your reflection time to the large Post-It around the room that list the prompts above.
- 00:25-00:30 – Gallery Walk
 - Take a few minutes to read other individual’s responses.
- 00:30-00:40 – Group Discussion
 - What are some things you noticed in your reflections?
 - Is there anything you noticed when reading other people’s responses? Any themes?
 - Did anything surprise you?
- 00:40-00:50 – Teaching on Self Care Constructs (hand out the Beyond Self Care Handout)
 - Self-care has become a buzz word that is used everywhere, and it often means different things to different people as we just discovered. Something I often find when in a place of stress, overwhelm or anxiety, asking me to figure out something to do for “self-care” can put more burden on me while already feeling burdened. It is also a reactive solution, instead of a proactive solution. I don’t want to discourage self-care, there are great things about Self Care, bubble baths, yoga, snacks, walks etc. I’m hoping this will just add to your toolbox of proactive things you can do to support yourself or your campers this summer.

- *Wellness Wheel: This is a more well-rounded approach that looks at many different things that can full-fill a person: emotional, physical, intellectual, spiritual, environmental, social, financial....and there could be other pieces of the pie that you think of you could add. In the handout I've given you an example wellness wheel, a blank one could be helpful for you to fill out and see how you're filling up each section of your wheel at camp.*
- *Healthy Mind Platter: similar, but different pieces. Pieces are sleep time, physical time, focus time, time in, down time, play time, connecting time (and there could be things missing!)*
- *The power of positive affirmations*
- *Jar of things you're grateful for*
- *Letter to your supervisor: including*
 - *Why did you come to camp this summer?*
 - *What are you looking forward to about this summer?*
 - *What are you hoping to accomplish this summer?*
 - *What are activities or experience you want to make sure you have this summer?*
 - *Then supervisors can utilize these things during check ins to see what holds true as the summer goes on, when frustrating days come how can they recenter around these things, how can the supervisor help the staff member set goals each week to reach some of these?*
- *Crafting Affirmations*
 - *Affirmations or mantras can work against those negative thoughts*
 - *Think about what they may tell a friend when they're feeling this way or thinking this.*
 - *How can they reframe that to fit themselves?*
 - *i.e.: I'm doing the best I can, my thoughts don't determine my worth, I'll focus on what's in front of me, one step at a time, I know these feel true but they aren't facts*
- *Keeping a self-esteem log*
 - *What did I do well today? I enjoyed myself when I was? I helped another person today by?*
- *Utilizing a body scan*
 - *Utilize a body scan to breathe, see where you feel stress in your body, let your mind wander and let go (may not get rid of stress but may feel a bit more grounded)*
 - *Square breathing*
 - *Identifying stress triggers*
- *00:50-00:65 – Crafting Affirmations*
 - *I want us to take some time today, to slow down and create some affirmations for ourselves going into the summer that we can use*
 - *Show an example, and show a list of examples of affirmations they can use or create their own*
 - *Have card stock, construction paper, scissors, markers and crayons*
- *00:65-00:75 –Closing and Play, Things that are Good*
 - *Close by having everyone share one take away from the session*
 - *Then play the game "Things that are Good". You just go around, and everyone lists something that is good. Make a few rounds.*

BRINGING IT TO YOUR CAMP

This program can be adapted in its current form to camp, you could also just use the resource sheet. Any of the options could be utilized as a practice instead of the crafting affirmations piece.