



STAFF TRAINING PLAYLIST

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It's important we take care of ourselves while taking care of others



RELAXING PLAYLIST



A slower tempo can quiet your mind and relax your muscles



GOOD MOOD MUSIC PLAYLIST



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Happy, upbeat music causes our brains to produce chemicals like dopamine and serotonin, which evoke feelings of joy

TED TALKS

How to stay calm when you know you'll be stressed:

<https://youtu.be/8jPQjjsBblc>

- After watching this video consider:
 - Are you able to recognized when you are stressed
 - What strategies for calming your body and mind did you find interesting?

How to manage your mental health:

<https://youtu.be/rkZl2gsLUp4>

- After watching this video consider:
 - What steps do you take to take care of your mental health?
 - Do you think you'll try any of the activities suggested

TED TALKS

How to motivate yourself to change your behavior:

<https://youtu.be/xp0O2vi8DX4>

- After watching this video consider:
 - What do you think motivates your campers?
 - How do you usually motivate you campers to be respectful members of a bunk or cabin?

The Power of vulnerability:

https://www.ted.com/talks/brene_brown_the_power_of_vulnerability

- After watching this video consider:
 - Why is vulnerability important for connecting with others?
 - How might you encourage your campers or peers to be vulnerable?