



## **Self-Care for Tzevet (Staff) How to Cope with the Cancellation of Summer Camp**

We know that the cancellation of camp may be at least as hard, if not harder, on the *tzevet* than on the campers. We want to be here to support you as best as we can, and want to provide these tips to try to help you through this difficult time.

### **Allow Yourself to Feel**

You may have many feelings about Camp being canceled. Whatever those feelings may be, allow yourself to be angry, worried, sad, disappointed or even relieved. Be true to those feelings. Focus on giving yourself what you need to manage stress, rather than seeking to eliminate your feelings altogether.

### **Give Yourself Permission**

Give yourself permission to unplug from work, the news and the incredible amount of technology that we are all inundated by right now. Take some “me time.” You need time to refuel now more than ever. Also give yourself permission to be imperfect. This is hard stuff and no one has a road map.

### **Stay in the Moment**

Staying in the moment and resisting the temptation to solve all of the big picture problems will help you develop a sense of control. Focus on you, rather than worrying about the overall Covid-19 epidemic as you work through these feelings and emotions.

### **Talk it Out**

Talk it out with your family and friends and let them help support you in ways that work for you. Fellow staff that are experiencing the same emotions could be a great resource to support you through this time. You can also reach out to *Hanhallah* (Camp Leadership) to talk about any of your feelings or questions.

### **Use Your Tools**

Take deep breaths, take walks and give yourself a break. Think about other coping skills you have used in the past and what has worked for you in challenging times.

Stress can take a toll on your physical wellness. Help yourself manage this stressful situation by making sure you are eating well, sleeping enough,



hydrating and exercising. Taking good care of your body will help you adapt to stress and reduce the effect of emotions like anxiety or depression.

### **Be Patient**

Be patient, kind and compassionate with yourself. There is no perfect way to respond to this situation. Be patient with your non-Camp friends and family too. While they will want to support you, they might not understand the depth of this loss.

### **Ask for What You Need**

Ask yourself: What do I need? Then ask others for what you need. Don't be shy about making your needs known and asking others for help.

### **Remember**

You are a resilient person. With time, love and support you will find your balance.

### **Look to the Future**

Although this summer is not going to be what we all hoped for, it might be helpful to think of future opportunities where we will come together as a *kehillah* again.

### **Reach Out**

If you are concerned about the duration, intensity or frequency of your feelings, please reach out to a mental health professional in your area or one of our Camp mental health support staff, listed below.

### **Special Note**

If you are talking with campers, please be mindful to listen, and be careful with how much you share your feelings. It is okay to let them know that you are also sad and disappointed, without sharing every detail of your thoughts. Please reach out to the *yoetzim* (our mental health and camper care team) if you have any concerns about a camper or if you do not feel equipped to respond. The *yoetzim* are here to support you now, as they are during the summer.

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