



# STAFF WELLNESS SUCCESS PLAN

In order to be your **BEST** self this summer:



Knowing Yourself (Self-Aware)	What Will This Look Like at Camp?
<p><b>PHYSICAL</b></p> <p>*What "fuel" helps you stay healthy and feel good?</p> <p>*How much water do you need every day? (Add more for heat + activity!)</p> <p>*What kind/how much exercise do you need on a daily/weekly basis?</p> <p>*How much sleep do you need every night? (Add an extra 45 min!)</p>	
<p><b>EMOTIONAL</b></p> <p>*What "triggers" are you aware of?</p> <p>*What signs do you exhibit when feeling stressed/overwhelmed/exhausted?</p> <p>*What coping strategies work well to "reboot"?</p> <p>*Is there someone in place at home to support you if needed?</p>	
<p><b>SOCIAL</b></p> <p>*Who are the people it is important for you to keep connected with while at camp?</p> <p>*Do you prefer to be with people or by yourself to recharge?</p> <p>*What boundaries have been set for social media?</p>	
<p><b>SPIRITUAL</b></p> <p>*What feeds you spiritually? Adds meaning to life?</p>	
<p><b>PERSONAL/INTELLECTUAL</b></p> <p>*What hobbies/activities will you continue? New pursuits you would like to try? What is on your summer bucket list?</p> <p>*What goals do you have? What would you like to learn/elevate this summer?</p>	
<p><b>SPACE/ENVIRONMENTAL</b></p> <p>*How do your surroundings affect your mood?</p> <p>*What strategies help you get to a place of calm when you are in a group setting?</p>	
<p><b>FINANCIAL</b></p> <p>*How much money are you able to spend/ hoping to save?</p>	
<p><b>JOB</b></p> <p>*What helps you with time management?</p> <p>*How do you intend to spend your time off (shorter/longer breaks)?</p>	

KIM AYCOCK

[www.kimaycock.com](http://www.kimaycock.com)

[kimdaycock@gmail.com](mailto:kimdaycock@gmail.com) \* 985-226-7766



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