

Staff Wellness Success Plan

Directions: Answer each question as it relates to you in the camp setting. Ideally, you will complete this prior to an online meeting with Cindy. However, we can complete it together during the 30-minute slot.

Please remember to sign up for your time slot before May 6th (Resident Camp) and June 6th (Day Camp).

Knowing Yourself (Self-Awareness)	What Will This Look Like At Camp?
<p><u>PHYSICAL</u> What 'fuel' helps you stay healthy and feel good? How much water do you need every day? What kind/how much exercise do you need on a daily/weekly basis? How much sleep do you need every night?</p>	
<p><u>EMOTIONAL</u> What 'triggers' are you aware of? What signs do you exhibit when you feel stressed/overwhelmed? What coping strategies work well to help you reboot? Is there someone you can reach out to for support if needed?</p>	
<p><u>SOCIAL</u> Who are the people at camp you keep connected with? Do you prefer to be by yourself or with people to recharge?</p>	
<p><u>SPIRITUAL</u> How does camp add meaning to your life?</p>	
<p><u>PERSONAL/INTELLECTUAL</u> What hobbies/activities can you bring to camp? What SMART goals do you have for your time at camp? SMART= Specific, Measurable, Attainable, Realistic, Timely What would you like to learn or elevate?</p>	
<p><u>ENVIRONMENTAL</u> How do your surroundings affect your mood? What strategies help you get to a place of calm in a group setting?</p>	
<p><u>JOB</u> What helps you with time management? How do you intend to spend your breaks off (longer or shorter)?</p>	

