

## How to Cope with the Cancellation of Summer Camp

# Self-Care Reminders for Parents & Guardians

By Dr. Audra Kaplan

### Allow Yourself to Feel

You too may have many feelings about Camp being canceled. Allow yourself to be angry, worried, sad, disappointed or even relieved. 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 the news, social media and Zoom. 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 feel a sense of control.

Remember, we are all in this together. You have others to turn to, learn from, and who you can also support.

### Take Care of YOU

Take care of your needs so that you can take care of your child. 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.

### Be Patient

Be patient and compassionate to yourself. There is no way to be a perfect parent. Be kind to yourself, allowing your feelings whatever they may be.

Be patient with your non-Camp friends and family too. While they will want to support you and your child, they might not understand the depth of this loss.

### Be Mindful

Mindful journaling, yoga and spiritual practices like prayer or meditation can help you restore cognitive balance and help you focus on gratitude.

### Control What You Can

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.

### Ask for What You Need

Ask yourself: What do I need? Then ask others for what you need. Ask questions of the Camp leadership team to help you understand the decision so you can better explain it to your child and cope with it yourself.

### Remember

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

### Reach Out

Process your feelings with other adults. Use your support networks to help support you in ways that work for you.

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

Be mindful of what your child is overhearing. Your feelings are valid, but your child might be confused or upset if they overhear you. Children also might stifle their own emotional responses if they think it will upset their parents. For example, not crying about Camp in front of you, if they think it will upset you.

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