

A program that would work as a late night option during a camp event is a self care program. As we are getting towards the end of the year, school can get stressful, but we can be overcome with stress in any part of the school year.

This program would be all about how to take a few moments to relax and learn about stress management. First the region would be split into groups of 5-10 or so. Each group leader will lead a conversation about certain tactics that each person in the group uses to destress. The question of, "What is a way that you destress from school, activities, or other day to day situations?" would be the mixer question. By listening to others stress management approaches, each participant will take away new ways to deal with the stress of being a teenager.

Next the group leader would pass out facial masks, preferably sheet masks for easy clean up, that the participants would put on, if they chose to do so. The group leader would explain how sometimes by starting on the outside, you can feel better on the inside. It is important that each group leader knows what they are talking about, they would need to know ways of destressing, and other important information relevant to the program. The written program would provide all information. Tea would be set up around the area of the program. Tea is known to put people in a relaxed mood.

NFTY events are always fun and high energy, but it is important to take some time to reflect on your time in NFTY with your close friends and new people. This program would have many takeaways for participants. On a short term level the calmness of the program would get people ready for the end of the night. On a more long term level participants would learn about new ways to destress from their peers, by starting on the outside, and taking a moment to breathe and reflect. The impact of the program is partially up to each participant. The program can be light hearted and chill, by focusing more on the facial masks and time with friends, but could be taken more seriously by focusing on new ways to deal with stress and the time to reflect.

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