

# LEARN

## COMFORT ZONE, STRETCH ZONE, PANIC ZONE

### How To Play

Start every question as follows " which zone would you place yourself in for..."

Example questions: Please feel free to use questions that you feel are relevant to your group and make your own.

1. Coming along here today
11. Competing for your country
2. Meeting someone new
12. Being asked to dance/ having
3. Learning a new skill/ trying to dance with someone new sport or activity
13. Sitting an exam
4. Talking in front of an
14. Using new technology audience /or in class
15. Making dinner for your
5. Taking part in this session today family & friends
6. Listening to someone talk about
16. Playing your favourite sport a problem they're facing
17. Trying new food
7. Moving to a new school or club
18. Thinking about the past or future
8. Chatting to someone about
19. Reaching out for support your own mental health from family/friends with
9. Chatting to someone about their your mental health mental health
20. Forgotten someone's name
10. Being on a plane that you've met before



Scottish Action for Mental Health

### Facilitator Tips

Some of the feelings you may feel in each zone:

Comfort Zone – Lifeless, secure, bored, unchallenged, comfortable, stable, safe, easy, unmotivated

Stretch Zone – excited, alive, expectant, willing to risk, learning, inspired, challenge, adventure , new experiences

Panic Zone - stressed, tired, frustrated, annoyed, anxious, fed up, exhausted , tense, fearful, overwhelmed, unmotivated, burnout.