

# Stepping Out of Your Comfort Zone

Why would I want to do that?  
I'm comfortable here.

# How am I showing up in life?

- This is war people. If we don't do this right, some of us will be killed.
- Why me?
- Bring it on!

Ok, I admit it I am in my comfort  
zone. So what!

It is a lot of work?

# Stretch Zone

- Hmm... That feels different.

# Why make healthy choices?

- 16% of children and adolescents ages 6-19 years old are overweight.
- Health effects of childhood obesity include:
  - Insulin resistance
  - Type 2 diabetes
  - Hypertension
  - Obstructive sleep apnea
  - Fatty liver
  - Poor Self-Esteem
  - Adult Obesity

# Risk Zone

- Yikes



# Die Zone

- Oh my gosh, my palms are sweating, I am not breathing, I am going to fail or die! Do it anyway!

# Tools for Change

- Be honest with yourself - take inventory
- Listen to your intuition.
- Be willing to let go of the story
- Be willing to say I don't know but I will find out and get back with you.



# Tools for Change

- Choose to try something new each day
- Acknowledge your strengths
- Ask for help and thank the other person.
- Take a healthy break
- Say please and thank you.
- Say yes to new opportunities.

# Tools for Change

- Start each day grateful for all that you have.
- When engaging in negative thoughts – catch yourself, breath and think of something positive.
- End each day being grateful for what you have.

# Practical techniques/tips/actions that can be used to balance stress.

- **Learn to accept that everything is OK and move forward.**
- **Identify your priorities.**
- **Eat healthy and exercise daily.**
- **Recognize how/where stress shows up in your body.**
- **Practice stretching and breathing techniques that can be done at your desk.**

You Have the Power