Comfort Zone Top Tips

Baby steps

You don't have to jump out of your comfort zone so quickly, start with small activities.

Get support

Find people you love who will be there for you and want you to feel confident.

Find a Friend

You don't have to get out of your comfort zone on your own - find a friend to do it with!

Write down the positives

Getting out of your comfort zone can be scary, but there are so many positive things that can happen! Try writing them down.

Reflect

Remember the good things that have happened from trying new things.

Come back to your Comfort Zone

After trying something new, come back to your comfort zone to relax.



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