

## Getting into stretch - exercise



Making sure you are finding ways every day to get more into your stretch zone depends on small steps.

**1.** First of all: Think about what activities sit in your comfort, stretch and panic zones, then identify what a good balance of comfort and stretch looks and feels like for you:

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2. Seek out opportunities to stretch yourself and don't be afraid to take on something that scares you a little. Be proactive and don't wait for them to come to you – seek “stretch” experiences out.

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3. Here are some ways. Think about each and how you might incorporate one or more of these into your everyday:

- Approach someone you don't know that well (or normally might not approach and – compliment them!
- Send someone a gift for no reason
- Make a new recipe you've never tried before
- Ask for constructive feedback/criticism from a peer/teacher
- Reconnect with someone from your past
- Eat something you've never eaten before
- Learn a new skill or find out more about it
- Say “yes” to taking on a new project
- Start a conversation
- Do a course in something completely different
- Travel to a new place

