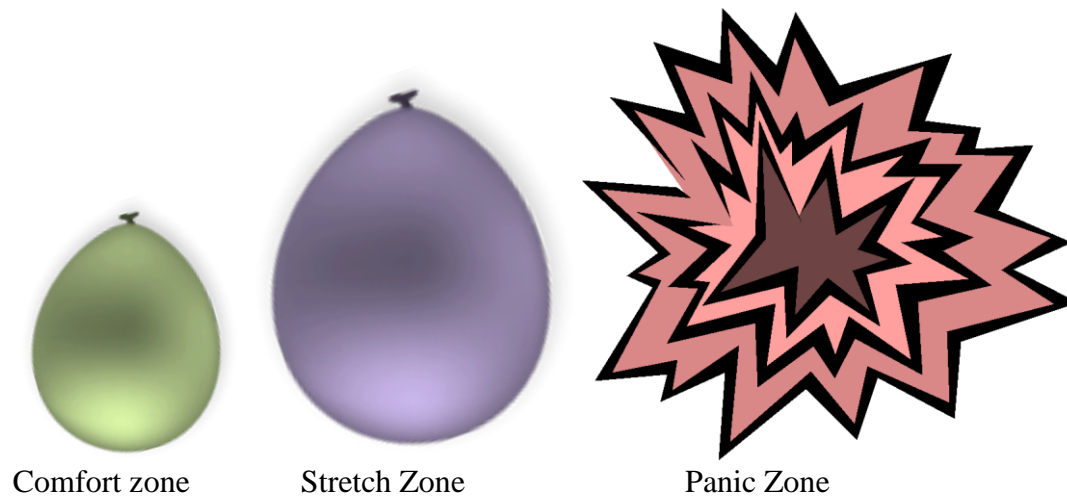


Stretching yourself

My Positive Change guide to expanding your world



In life we need to stretch ourselves so that we can grow. Putting yourself a little bit outside your comfort zone helps you to gently increase what you find comfortable. However you do need to be careful push yourself to far and to go straight into panic mode. In panic mode we operate on flight or fight, all of our instincts drive us to get out of the stressful situation as quickly as possible. When we are in panic mode our learning shuts down and in worse case scenarios we may actually reduce our comfort zone or even destroy it completely.

So stretching and growing is a bit like filling a balloon with water if you pour the water in nice and slowly the balloon stretches and holds the increased amount well. Pour it in to fast however and the water comes spilling over the top or the balloon bursts. Just like filling a small balloon with water, there is only so much it can hold before its time to replace the balloon with a bigger one. Stretching ourselves is just the same, add a little bit of discomfort at a time to grow and become stronger, but don't take on to much at once or you will find yourself in panic and learn nothing. Aim to stretch yourself a little every day, by taking on something small that you haven't done before, soon you will find that your world becomes more complete, you are better able to cope with changes and the things that caused you stress before just become mundane and not in the least distressing.