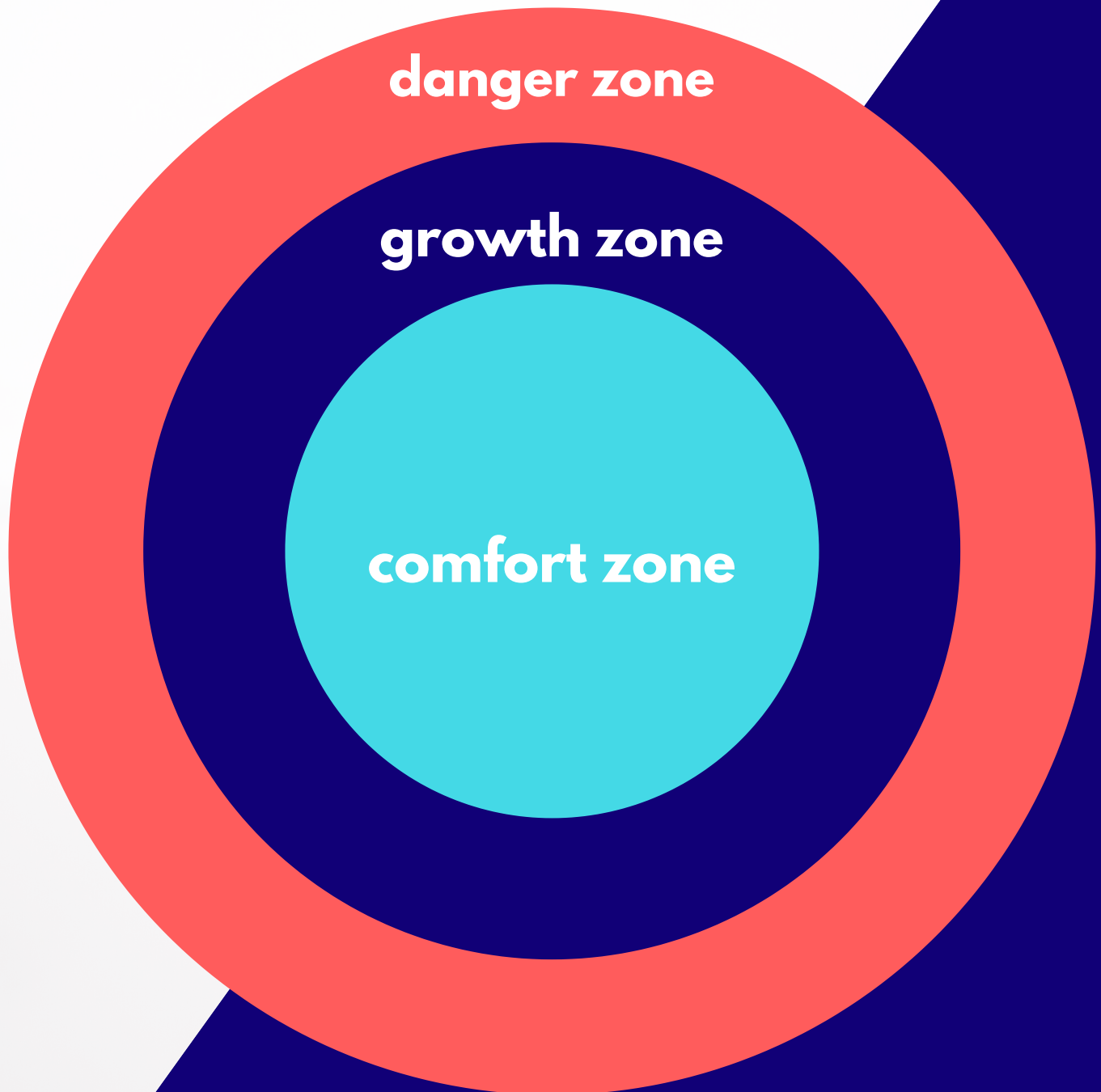


MIND YOUR ZONES



In OMM club meetings we never want you to be in your danger zone. Talk to your club sponsor or trusted adult immediately if you find a topic triggering.

MIND YOUR ZONES

what is a zone?

comfort zone

In your comfort zone you feel safe and controlled. In that moment you may feel low risk, familiarity, and certainty.

growth zone

In your growth zone you might experience a little anxiety but will not have a panic attack. Your growth zone is your window of tolerance.

danger zone

In your danger zone you may lose control, have dangerous impulses, or shut down.

