

# OMM GUIDING PRINCIPLES

Use the OMM guiding principles to establish expectations and a shared understanding of the purpose of club meetings for the club sponsor, leaders, and members.

## OUR MINDS MATTER IS...

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- A meeting to be open about struggles
- Mindful of privacy
- Raising awareness
- Sharing resources
- Practicing coping skills
- Promoting connection
- Creative problem solving

## IS NOT...

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- Therapy because the goal of therapy is to reduce symptoms and a higher level of privacy protected by law.
- A classroom because it's more personal than class. We are not referencing a text book. You are not being test on the information you learn in OMM.
- A meeting to explore your personal symptoms.

**our minds  
matter**

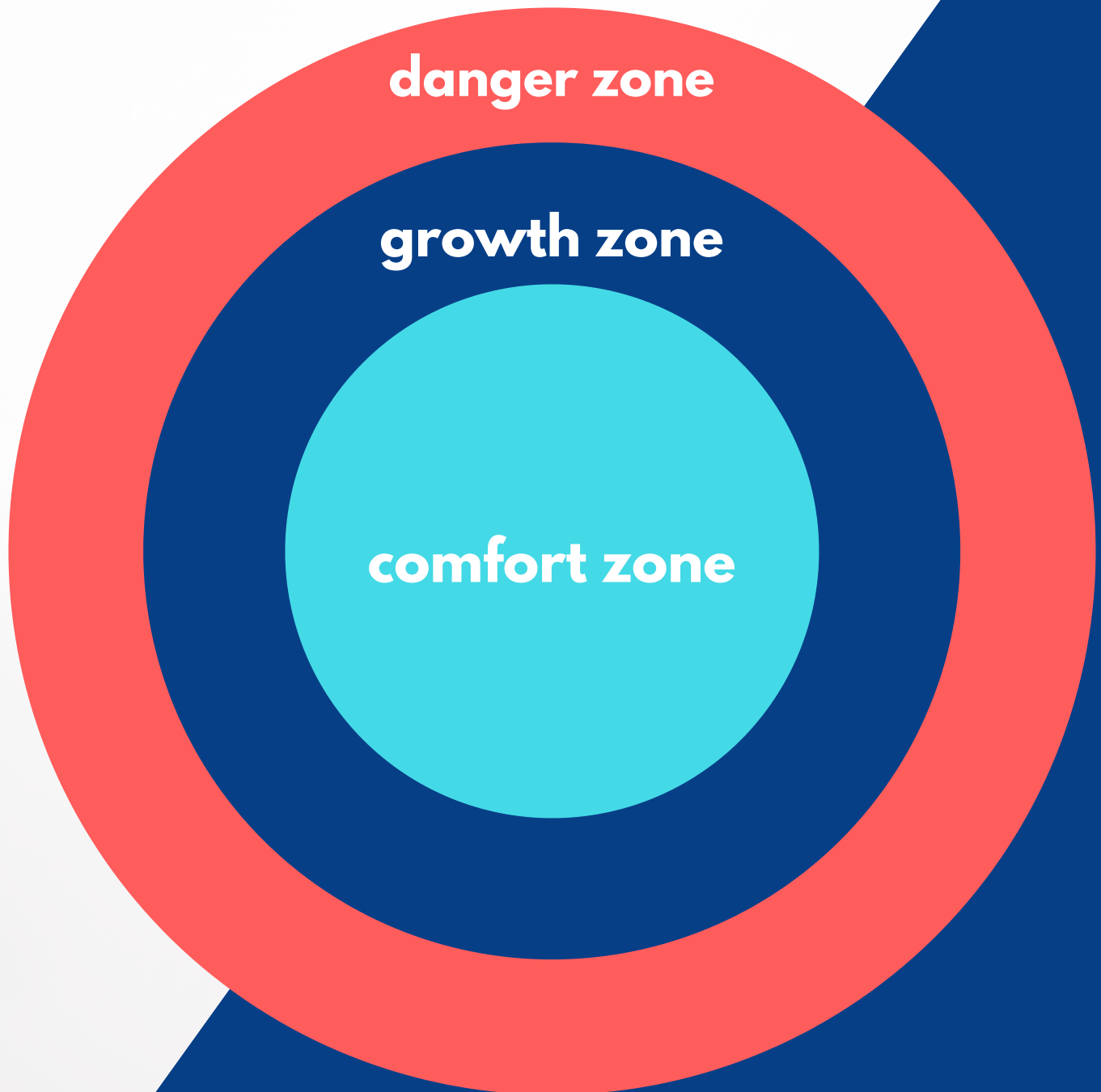


# OMM GROUND RULES

1. Self care first
2. In danger zone get your sponsor
3. Ouch. Oops.
4. Stay in growth zone
5. Honor boundaries
6. Expert on selves not others
7. Make room. Take room.
8. Respect & Privacy
9. Accessibility
10. Use OMM rituals



# 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.

