

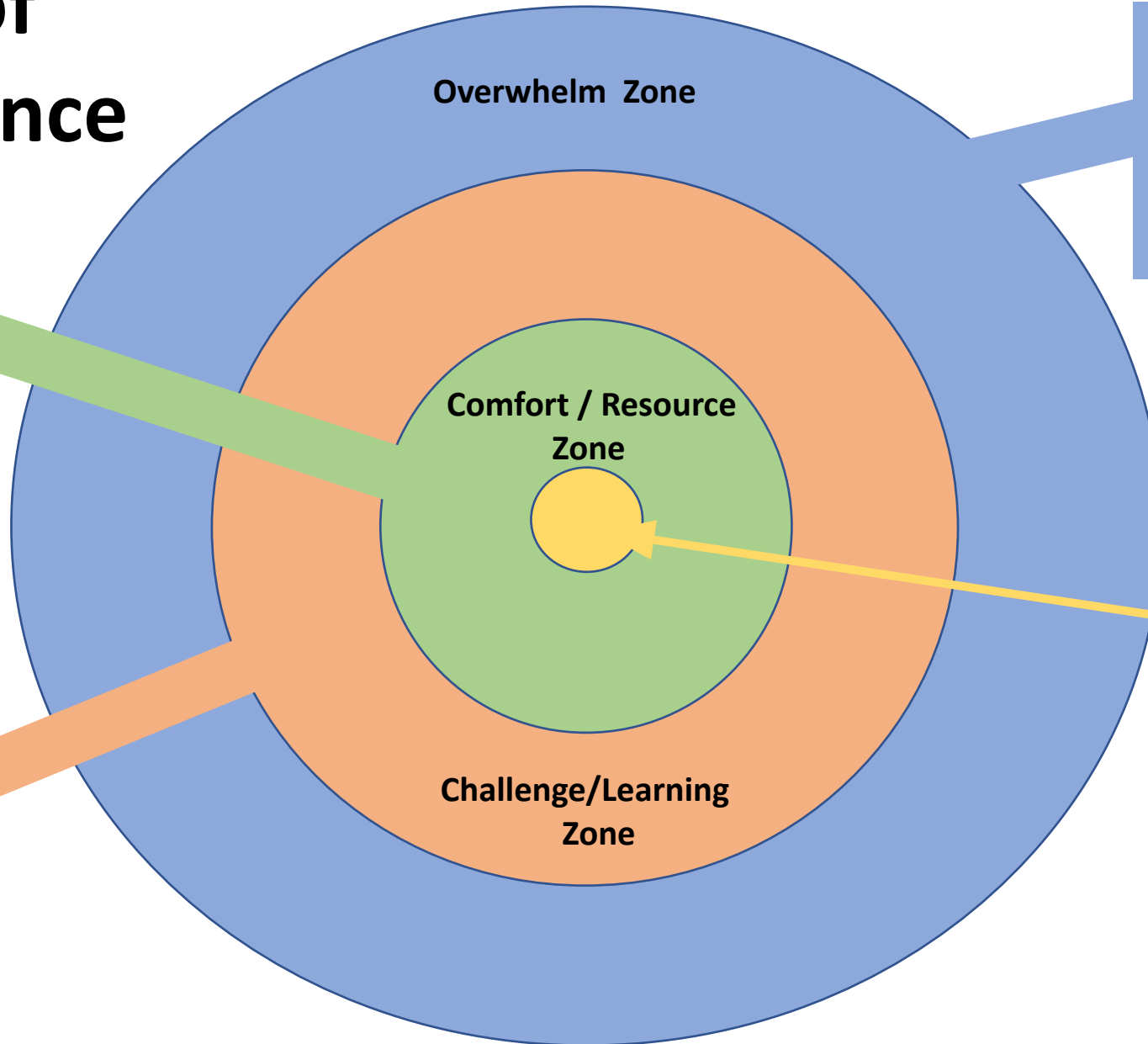
Zones of Experience

Comfort/Resource Zone

- Resourced
- Nourishment
- Recharging
- Ease / neutral

Challenge/Learning Zone

- Learning zone
- Eustress*
- A little scary
- A little thrilling
- Just beyond our competency
- Baby steps/risks



Overwhelm Zone

- Panicked
- Stressed
- Freaked out
- Catastrophizing

'Checked Out' Zone

- Spaced out
- Zoned out
- Disconnected
- Shutting down