

Change can be
uncomfortable.

CHANGE CAN BE UNCOMFORTABLE.

Ever heard of the "comfort zone"? It's that place where you feel so comfortable that you stop trying new things, or don't have to do anything new, or difficult. And when we're in the process of change, old patterns and thoughts may stop us from making those changes that we really want to make.

Sometimes we start to make a change, get scared because it is so unfamiliar, and run back to what is familiar - back to the comfort zone.

It's OK (and expected!) if the changes you want to make mean that you have to leave your "comfort" zone. Think about:

- Has there been other times when you have benefited from going out of your comfort zone?
- What did you do that helped you get through this?
- How important is the change you are wanting to make?

WHERE CAN I GO?

If you are thinking about change, or leaving the comfort zone, there are people you can talk to, and services that can help you. Keep this card, and give it to your worker. Start a conversation about change today.

OPEN DOORS YOUTH SERVICE

Provides advocacy and support services for (LGBTIQAP+ Sistergirl & Brotherboy) young people aged 12 - 24 with diverse genders, bodies, sexualities, relationships and families providing a culturally and developmentally appropriate service.
opendoors@opendoors.net.au
(07) 3257 7660

BRISBANE YOUTH SERVICE

Brisbane Youth Service - Housing programs, individualised support, groups, free counselling, medical clinic, and activities for young people aged 12-25 years.
admin@brisbanyouth.org
(07) 3620 2400

The Artworks on these cards are from the "Art For Change" Program - an 8 week Art Therapy Program collaboratively designed and facilitated by Mikarla Teague from Open Doors Youth Service and Jacqui De La Rue from Brisbane Youth Service, for the LGBTIQAP+ Sistergirl & Brotherboy young people who access these services. We would like to thank all the young people who participated in this project and have bravely shared their creativity and experiences with us.



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