

Bid Your Farewell to Comfort Zone

We've all heard the old adage¹ of leaving our comfort zone, but how many among us have practiced it? Are there tangible² benefits to following through with³ this advice? Prepare to get a little unsettled⁴ with BEM's Jonathan Sidor.

Making a presentation. Taking a leadership role. Deviating from your routine. Getting outside your comfort zone can affect many areas of work, but it's something worth pursuing. Leave your fear behind – the benefits of leaving your comfort zone are plentiful.

A Bounty of Benefits

Getting outside your comfort zone isn't just something that sounds nice – it can lead to tangible benefits. Psychological research shows that being uncomfortable and taking on new challenges⁵ actually boosts⁶ our mental health. Handling⁷ stress on your terms⁸ reduces your risk of falling victim to⁹ anxiety¹⁰ or depression. Abandoning¹¹ a humdrum¹² routine can also add a little spice¹³ to your life. In short¹⁴, you'll be less bored.

This uptick¹⁵ in new, stimulating activity often leads to higher levels of creativity and adaptability¹⁶. Sure, trying something new can be scary, but it's also exciting. You won't be stuck on autopilot¹⁷, and you'll likely look forward to¹⁸ acting spontaneously¹⁹ and trying out new things. In addition, the more you test the

limits of your comfort zone, the wider it will stretch²⁰. Difficult tasks can become routine over time, meaning you can eventually²¹ master²² things that once terrified²³ you. Regularly welcoming discomfort²⁴ into your life naturally makes you more agile²⁵. Over time, this flexibility²⁶ teaches us to be self-reliant²⁷ and resilient²⁸.

When it specifically comes to²⁹ work, the greatest benefit might be that leaving your comfort zone improves performance³⁰. That's right – if you challenge yourself, you'll actually be more effective and do your job better. A little performance anxiety is needed to motivate ourselves to achieve more. If you're bored and playing it safe³¹, you won't put in maximum effort³². According to something called the Yerkes-Dodson law, there is a direct correlation³³ between moderate³⁴ levels of stress and maximum performance. Furthermore, kicking your comfort zone to the curb³⁵ can

- ⁶ routine ru: tyn: tu: rutyna, porządek dzienny
⁷ to affect sth tu e'fekt 'sambn wpłynąć na coś,
 wywrzeć wpływ
⁸ to pursue sth tu pe'sju: 'sambn zajmować się
 czymś, zaangażować się w coś
⁹ plentiful 'plentfi óbfitny
¹⁰ challenge 'tʃælndʒ wyzwanie, problem
¹¹ to boost sth tu bu:st 'sambn pobudzić coś,
 umocnić
¹² to handle sth tu 'haendl 'sambn zająć się
 czymś, załatwić coś
¹³ on sh's terms on 'sambediz t:rmz na (czyli)ś
 własnych warunkach/zasadach
¹⁴ in short in fɔ:t krótko mówiąc
¹⁵ uptick 'ʌp,tɪk niewielki wzrost, chwilowy
 wzrost (US)
¹⁶ adaptability 'ædæptə'bɪləti elastyczność,
 zdolność do (szybkiego) dostosowania się
 do zmian
¹⁷ autopilot 'ɔ:təpə'laɪt autopilot
¹⁸ to look forward to doing sth tu lʊk fɔ:wəd tu
 'du: 'sambn nie móc się czegoś doczekać
¹⁹ spontaneously 'spɔntə'neɪsli spontanicznie
²⁰ to stretch to strefy 'rɔ:tʃə'gna: (się)
²¹ eventually 'ɪventʃəbəl ostatecznie, w końcu
²² to master sth tu mɑ:stə(r) 'sambn opanować
 coś
²³ to terrify sb tu 'terɪfaɪ 'sambn przerazić
 kogoś
²⁴ discomfort 'dɪs'kʌmfərt dyskomfort
²⁵ agile 'ædʒaɪl zwinny
²⁶ flexibility 'fleksə'bɪləti elastyczność
²⁷ self-reliant 'self rɪ'laɪənt samodzielny,
 samowystarczalny
²⁸ resilient rɪ'zɪljənt odporny
²⁹ when it comes to sth wen it kʌmz tu 'sambn
 gdy/jeśli chodzi o coś, mówiąc o czymś
³⁰ performance pə'fɔ:məns wyniki, osiągnię
³¹ to play it safe tu pleɪt it self dziać ostrożnie
³² nie ryzykować
³³ to put in effort tu pʊt in 'efət włożyć (w coś)
 wysiłek
³⁴ correlation 'kɔrə'leɪʃn korelacja
³⁵ moderate 'mɔdərət umiarkowany
³⁶ furthermore 'fɜ:ðə'mɔ: (r) co więcej, ponadto
³⁷ to kick sth to the curb tu kɪk 'sambn to do
 wywalić coś na bruk, pożegnać się z czymś
 oddlegać od czegoś
³⁸ to deviate from sth tu 'dɪveɪt frəm 'sambn
 odstąpić od czegoś
³⁹ unsettled 'ʌn'setld nerwowy, niepewny
⁴⁰ to follow through with sth tu 'fɔləv θru:
 wyśledzić, doprowadzić do końca
⁴¹ tangible 'tændʒəbəl konkretny, namacalny
⁴² adage 'ædɪʒ porzekadło
⁴³ to follow through with sth tu 'fɔləv θru:
 wyśledzić, doprowadzić do końca
⁴⁴ to follow through with sth tu 'fɔləv θru:
 wyśledzić, doprowadzić do końca
⁴⁵ to follow through with sth tu 'fɔləv θru:
 wyśledzić, doprowadzić do końca
⁴⁶ to follow through with sth tu 'fɔləv θru:
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⁴⁷ to follow through with sth tu 'fɔləv θru:
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⁴⁸ to follow through with sth tu 'fɔləv θru:
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⁴⁹ to follow through with sth tu 'fɔləv θru:
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⁵⁰ to follow through with sth tu 'fɔləv θru:
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⁵¹ to follow through with sth tu 'fɔləv θru:
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⁵² to follow through with sth tu 'fɔləv θru:
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⁵³ to follow through with sth tu 'fɔləv θru:
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⁵⁴ to follow through with sth tu 'fɔləv θru:
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⁵⁵ to follow through with sth tu 'fɔləv θru:
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⁵⁶ to follow through with sth tu 'fɔləv θru:
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⁵⁷ to follow through with sth tu 'fɔləv θru:
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⁵⁸ to follow through with sth tu 'fɔləv θru:
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⁵⁹ to follow through with sth tu 'fɔləv θru:
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⁶⁰ to follow through with sth tu 'fɔləv θru:
 wyśledzić, doprowadzić do końca