

Shift and Stay is a resilient skill that needs the other skills (tracking, resourcing, grounding, and gesturing) to work.

SHIFT your bad thoughts to good ones. Use the other skills to find something that makes you feel happy, calm, or relaxed. **STAY** focused on these good thoughts.

Practicing this skill is helpful because you can use it when you are faced with challenges to get back into your resilient zone. It also lets you practice the other skills at the same time!

PRACTICE:

Practice using each of these skills to **SHIFT** your focus to something “okay” or pleasant, and then see if you can **STAY** with those thoughts for at least two minutes.

TRACKING: Write down the sensations you notice around you right now (what can you see, hear, smell, feel, or taste).

RESOURCING: Find a resource (example: stuffed animal). Write down details about the resource.

GROUNDING: Look back at the sensations you wrote down for tracking. Focus on anything that feels bad or uncomfortable right now. Move your body around until you change how you feel and you're comfortable.

GESTURING: Think of gestures that make you feel better. Do these physical movements until you start to feel different or better.

After you go through this activity, take a minute to think how each skill made you feel. Which skill was the most helpful? Keep practicing the skills so you can have better control over your thoughts and your body.