

Shift and Stay is a skill you can use to change your thoughts and get back into your resilient zone.

In order to **shift and stay**, you have to use the other skills; tracking, resourcing, grounding and gesturing along with it. Using these other skills first helps you find more comfortable thoughts. Let's refresh!

- **Tracking:** Use your sensations to know how feel.
- **Resourcing:** Find a resource that makes you feel better.
- **Grounding:** Pay attention to your sensations. Move your body to get more comfortable.
- **Gesturing:** Use gestures (movements) that make you feel calm, happy, and relaxed.



If you are thinking about something uncomfortable or difficult, **SHIFT** those bad thoughts to good ones. Find something that is “okay” or happy to think about. You may need to practice using the other resilient skills to find thoughts that are calmer, more comfortable, or more peaceful.

After that, **STAY** focused on those good thoughts. Do this until you feel better and are ready to move onto something else.

It is okay if the skill does not work the first time you try it. Sometimes people need to try out several skills before they feel calm. Sometimes people need to practice the skills a few times before they feel calm. The important thing is to keep using them until you are back in your resilient zone.