



SHIFT and STAY

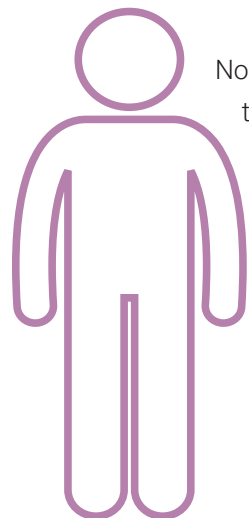
We can choose what we pay attention to. And whenever we want or need to, we can **shift** our attention to something better and **stay** there. This can help our mind and body return to a better place. We can practice this skill by using our sense of touch to connect with what we're feeling on the inside.

1 Touch a few objects of your choosing and notice how they feel (smooth, rough, cool, soft). Write down the objects that felt best, and how each one felt. For example: Table, smooth. Glass, cold.

3 If you notice an unpleasant sensation in your body, shift your attention to a part of your body that feels better or shift your attention by touching another object. Write about what happened on the inside when you shifted your attention?



2 REFLECT FOR A MOMENT



Now choose one object you liked to touch.

How do you feel inside your body when you touch it?

Label the sensations on the body where you felt them.

TODAY'S CHALLENGE



4 Find a moment to practice shifting your attention by touching or feeling an object. It could be when you feel stressed, worried, anxious or any other time when you want to show kindness to yourself. Notice what you feel inside your body when you shift your attention through touch. Write which objects or surfaces worked best for you.
