

Using the “Well-Being Board”/SHIFT TOOL with a person to build awareness of their body, emotions and thought

Are you **COMFORTABLE** and **READY** to **START**



Identify **ISSUE**

(Use the **CATEGORIES** on the front of the board)



HOW does this make you **FEEL**?

(Name the **EMOTION**)



WHERE in your **BODY** do you **FEEL** this **EMOTION**?

(Partner to scan their body and ask the person to say **YES** when the part is reached)

Ask Catrin to **FEEL** the **EMOTION**



How can we **SHIFT** this **EMOTION**?

(Use **STRATEGIES** list)



Remember that it is the “**PROCESS**” not the detail of the issue that is important



After the **SHIFT** exercise – the person can be given the option to discuss further should he/she wish to (no pressure however). Ask person “who” he/she would like to do this with?