

RAIN

RAIN is an acronym for a 4-step mindfulness practice that offers support for working with difficult and intense emotions. You can use this **RAIN** method anytime you are feeling stressed or overwhelmed.

R – Recognise

Take a few moments to recognise what you are most aware of in this present moment, it may be stress, anger, hurt, embarrassment, a whole host of different feelings. Turn towards your feelings in an open and honest way. Recognise your emotions, your thoughts, and any sensations you have at that present moment.

A – Allow

Allow it, acknowledgment and acceptance of your present moment giving you the space to allow your emotions, thoughts, and sensations to be felt without trying to change them. By allowing the situation, even if we don't like it, helps us soften our mental conflict to what is happened in that present moment.

I – Investigate

After recognising and allowing, you can now choose to investigate your emotions, thoughts, and sensations. To investigate ask yourself questions, "When am I feeling like this?", "Where am I feeling these emotions in my body?", "Are there physical factors such as not getting enough sleep affecting my emotions?", "What do I really need right now?". These questions can help you come to an improved relationship with the emotions and thoughts.

N – Non-identification

The non-identification step reminds you that you are not your thoughts nor are you your emotions, your sense of who you are is not attached or defined by your thoughts and emotions. Lastly, it is helpful to add self-compassion and kindness to any observations. This brings about a natural sense of freedom and ease.

