



Feeling Overwhelmed?
Remember "RAIN"

Four steps to stop being so hard on ourselves.

R

Recognize
what's
going on

A

Allow the
experience
to be there,
just as it is

I

Investigate
with
kindness

N

Natural
awareness,
which comes
from not
identifying
with the
experience

Recognizing -Consciously acknowledging, in any given moment, the thoughts, feelings, and behaviors that are affecting us.

Allowing - Letting the thoughts, emotions, feelings, or sensations we have recognized simply be there.

Investigating with Kindness – Guided by our natural curiosity. Simply pausing to ask, what is happening inside me?

Natural Awareness – After completing the first three steps, you now simply rest in natural awareness of what you are experiencing.