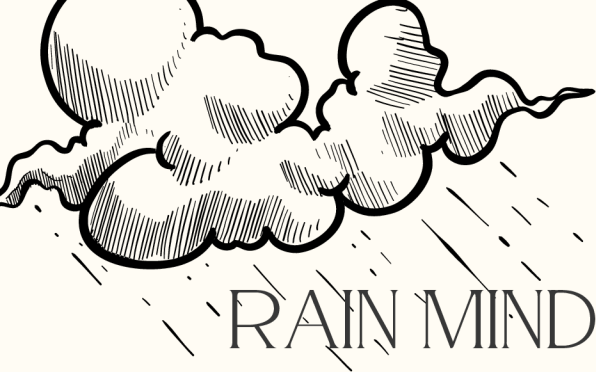




RAIN MINDFULNESS TECHNIQUE

What is the RAIN Technique?

The RAIN technique is a mindfulness practice that helps you deal with difficult emotions, thoughts, or situations. It is an acronym that stands for Recognize, Allow, Investigate, and Nurture. By practicing RAIN, you can create space between yourself and your emotional reactions, promoting healing and self-compassion.

R

Recognize

Notice what is happening inside of you. This step involves acknowledging the thoughts, emotions, or physical sensations that you are experiencing.

- Ask yourself: What am I feeling right now?
- Be curious, not judgmental.

A

Allow

Allow your experience to be as it is without trying to change, resist, or suppress it. This step is about accepting what you are feeling in the moment, without pushing it away.

- Remind yourself: It's okay to feel this way.
- This doesn't mean you approve of the feeling—it means you accept it is present.

I

Investigate

Take a deeper look at the feelings or thoughts that have arisen. This step involves gently exploring why you are feeling this way and where these emotions are coming from.

- Ask yourself: Why am I feeling this? What does this feeling need from me right now?
- Try to approach with compassion and curiosity.

N

Nurture

Offer yourself kindness and support. This final step is about being compassionate toward yourself, responding with care to your difficult experience.

- Remind yourself: I am worthy of care, even in moments of discomfort.
- What can you do to soothe yourself in this moment?



RAIN MINDFULNESS TECHNIQUE

R

Recognize:

What are you feeling right now? (Examples: frustration, sadness, anxiety, etc.)

A

Allow:

Can you allow this feeling to be present without pushing it away?
Write down what you tell yourself to accept this emotion.

I

Investigate:

What might be causing this emotion or thought? What are you really feeling beneath the surface?

N

Nurture:

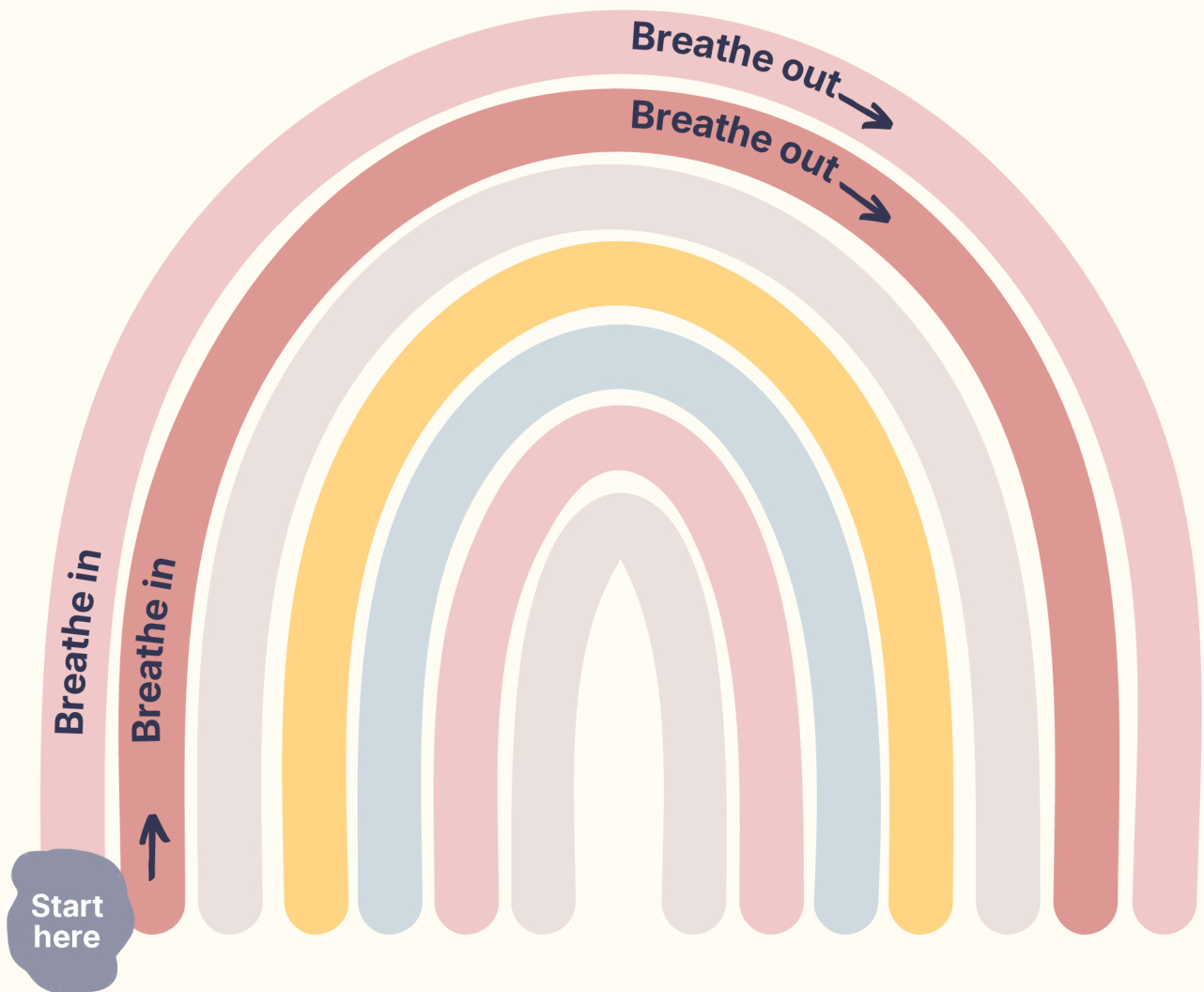
How can you offer yourself kindness in this moment? What would soothe you or make you feel supported?

REFLECTION QUESTIONS

- How did it feel to allow your emotions instead of fighting them?
- Did investigating the feeling give you any new insights?
- What self-compassion practice helped you feel nurtured?

RAINBOW BREATHING

brain break



Place your finger at the bottom of the rainbow, on the left. As you trace your finger along the rainbow take a deep breath in through your nose, until you reach the middle. When you reach the middle begin to exhale through your mouth, as you trace the rainbow to the end, on the right.

Repeat with every color until you feel calm and grounded.

MINDFUL SENSES JOURNAL

Instructions :

Find a calm and peaceful spot outside, such as a park or garden. Stand still for a moment and take three deep breaths. Inhale through your nose, and exhale through your mouth. Read the sentences and write down your answers.

SIGHT

Look around and observe the colours, shapes, and patterns in your environment. Write down at least three things you see and briefly describe what catches your eye.

SOUND

Close your eyes for a moment and listen carefully to the sounds around you. Write down at least three distinct sounds you hear and note how they make you feel.

SMELL

Take a few deep breaths through your nose and focus on identifying scents in the air. Describe at least three different smells you notice and their characteristics.

TOUCH

Reach out and feel various objects or surfaces in your surroundings. Describe the textures and sensations you experience when touching them.