

RAIN

Mindfulness Exercise

When you feel flooded with a big emotion, take a moment to slow down and allow your body and your brain to get on the same page.

R

RECOGNIZE

Write down your thoughts, emotions and any sensations your body feels.

A

ALLOW

Without judgement, let your thoughts and feelings come up and out as needed.

I

INVESTIGATE

Jot down your thoughts. Where are they coming from? How is your body experiencing this moment?

N

NURTURE

What would a loved one tell you that could comfort you?

Capture that and say it out loud.

Examples:

"This doesn't define me."

"I will be okay."

"I will get through this."

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