



S.T.O.P the R.A.I.N –

2 More Mindful Techniques

S.T.O.P is a technique to help create a space to calm down a worried mind and step back into the present moment by –

Stopping what you are doing

Taking a deliberate and conscious breath –

Observing your thoughts and feelings and emotions, and reflecting about what's on your mind and noticing that thoughts are not facts and are not permanent, &

Proceeding with something that will support you in the moment.

Whilst with **R.A.I.N** –

You **R**ecognise when a strong emotion is present

Allow or acknowledge it is there

Investigate and bring self-inquiry to the body, feelings and mind, &

Non-identify with what is there, by recognising that the emotion is just another passing mind state and not a definition of who you are and cultivating a wise understanding with objective distance.

<https://www.themuddpartnership.co.uk/>