

# RAIN

## mindfulness exercise

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Mindfulness is a state of nonjudgmental awareness of what's happening in the present moment, including awareness of one's own thoughts, feelings, and senses. **RAIN** is a mindfulness practice that will help you focus on the present and cope with uncomfortable thoughts and emotions.

### Prepare

Sit or lie down in a comfortable position. Close your eyes or let your gaze soften. Take three slow, deep breaths. Follow the steps below, lingering for a couple minutes on each step.

# R

Recognize

Let yourself feel at ease in the present moment. Slowly take in your surroundings. Recognize your thoughts, feelings, and physical sensations. Name your feelings out loud or silently to yourself.

# A

Allow

Observe your experience as if watching a movie. Let your thoughts, feelings, and sensations come and go as they are. Let go of any judgment—it is okay to feel however you are feeling. You may tell yourself, "This is how it is right now."

# I

Investigate

What words are going through your mind? What emotions are you feeling, and where are they coming from? How are these feelings experienced in your body? Sense the most vulnerable part of yourself and reflect on what it needs, such as acceptance, forgiveness, love, or belonging.

# N

Nurture

Be kind toward your experience. Give yourself a comforting message, such as "I love you," "you are okay," or anything else you need. Think of a friend, family member, pet, or spiritual figure, and imagine their love flowing to you. Let in healing and compassion until you feel calm and centered.

### Conclude

Take three slow, deep breaths. Continue to be mindful and kind to yourself throughout your day.