

A colorful illustration featuring a rainbow with bands of orange, yellow, and light blue. To the left, a dark grey cloud with raindrops is shown. To the right, there are several stylized clouds in blue, yellow, and white, with various colored raindrops (red, blue, yellow, orange) falling from them.

RAIN TECHNIQUE

MINDFULNESS TECHNIQUE WHEN FEELING OVERWHELMED

R

RECOGNIZE WHAT IS HAPPENING

What is happening in this moment? How and what am I feeling?
Where do I feel it in my body? Recognize and name your emotions.

"I'm so mad at myself for failing the test. I feel like crying."

A

ALLOW LIFE (THE EXPERIENCE) TO BE AS IT IS

Don't try to run away or fix it, trying to control it or judge it.

"I'm mad and feel like crying. I'm uncomfortable, but it's ok to feel this way, even if I don't like it."

I

INVESTIGATE WITH KINDNESS, INTEREST AND CARE

Why do I feel this way? Is it really true? Mindfully observe your thoughts and where you feel your emotions in your body.

"I'm crying because I'm mad. It's uncomfortable, but it's ok."

N

NURTURE NON-IDENTIFICATION (WITH SELF COMPASSION)

My thoughts and emotions do not define me. I am not that feeling or emotion. Remember, this feeling is temporary and this too shall pass.

"I can feel angry and disappointed but this feeling is temporary."