

A mindfulness and self-compassion exercise for difficult moments

RAIN is an acronym used in mindfulness practices to navigate intense emotions with kindness, instead of avoiding them or being overwhelmed by them. Use it whenever you feel a strong emotion and want to meet it differently.

R - Recognize

Notice what is happening right now, without judging it. What emotion is present? Where do you feel it in your body?

A - Allow

Let the experience be as it is, at least for a few moments, instead of trying to change it right away.

I - Investigate with kindness

With curiosity, not criticism: what does this part of me need right now?

N - Nurture

Offer yourself a kind word, as you would to a dear friend. Maybe a hand on your chest, a slower breath.

A recent situation where you could apply RAIN

Briefly describe an emotion or difficult situation from the past few days.

What kind words could you offer yourself?

What would you say to a dear friend in the same situation?