

RAIN Technique

The RAIN technique is a mindfulness-based approach to help you deal with difficult emotions and anxiety. It stands for Recognize, Allow, Investigate, and Nurture. Use this guide as a quick reference to practice the RAIN technique whenever you feel overwhelmed by anxiety.



R

Recognize: Notice What's Happening

Pause for a moment and acknowledge the feelings, thoughts, or sensations you're experiencing. Simply naming the emotion or thought can help bring awareness.



A

Allow: Accept the Experience

Instead of suppressing the emotion, give yourself permission to fully feel it. Accept that it's okay to experience discomfort, as it's a natural part of processing emotions.



I

Investigate: Explore with Curiosity

Gently explore the emotion or thought. Ask yourself questions to understand it better. What's beneath this feeling? What does it need? Approach this step with curiosity, not judgment.



N

Nurture: Offer Compassion

Be kind to yourself. Imagine how you would comfort a friend going through the same experience and apply that kindness to yourself. Reassure yourself that it's okay to feel this way.