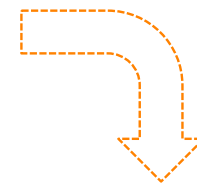


# MINDFULNESS TOOLS AND TECHNIQUES

if you are feeling stressed or overwhelmed remember... **RAIN**

## RECOGNISE

*the emotion you are feeling, and name it*



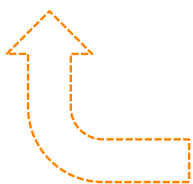
## ACCEPT

*the experience you are having with kindness. It may be unpleasant, but allow it to be there without judgement*



## INVESTIGATE

*become curious about the experience, where do you feel in it your body, what thoughts or feelings are you having?*



## Non-IDENTIFICATION

*see the experience as a mental event rather than solid and real. It will pass in time*

