

R.A.I.N.

Upset

Emotional

Moody

Frustrated

Distraction

Irrational

Stress



RAIN

Mindfulness Practice

R

RECOGNIZE

WHAT'S GOING ON
NOTICING OUR
TRIGGER

A

ALLOW

THE EXPERIENCE
TO BE THERE-BE
WITH THE
THOUGHT OR
EMOTION -WHAT
WE RESIST

I

INVESTIGATE
WITH KINDNESS

WHERE DO I FEEL
THIS IN THE BODY?
WHAT FROM MY
DAY MAY BE
CAUSING THIS?

N

NON-
IDENTIFICATION

SEPARATE THE
THOUGHT FROM
PERSONAL
IDENTIFICATION



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