RAIN Mindfulness Practice

Cultivating Mindfulness and Compassion

Gail Avent Executive Director Total Family Care Coalition Date: October 17, 2023

Rain Mindfulness Practice

Thursday, October 5, 2023

The Practice of RAIN

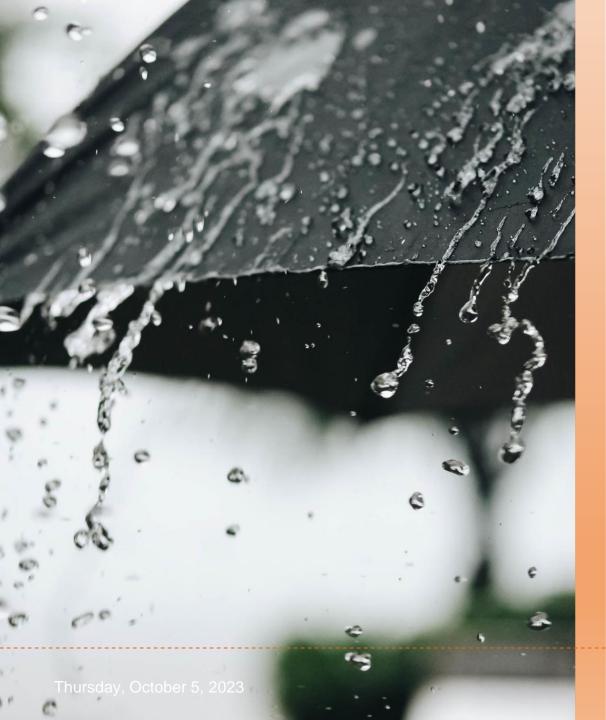


No Disclaimers



Compassion is the medicine we most need as individuals and as a species to heal suffering and free our spirits.





Introduction to RAIN

Definition of RAIN

RAIN stands for Recognize, Allow, Investigate and Nurture

Recognize

•What does it mean to recognize?

 Recognizing thoughts, emotions, and sensation without judgment



The first step involves acknowledging and naming the emotions as they arise. By identifying and labeling what we feel, we create a foundation for understanding our inner world.

Allow (A)

- What does it mean to allow?
- Allowing the thoughts and feelings to be present
- Avoiding resistance or suppression



In this stage, participants learn to accept their emotions without judgment or resistance. Allowing emotions to exist without suppression or avoidance fosters self-compassion and reduces the impact of emotional reactivity

Investigate

- What does it mean to investigate
- Curiosity and self inquiry

NURTURE

What does it mean to nurture? Offering self-compassion and care

Being kind and gentle with oneself





Benefit of RAIN PRACTICE

- Reduce stress and anxiety
- Increase self-awareness
- Improve emotional regulation
- Increase self-compassion

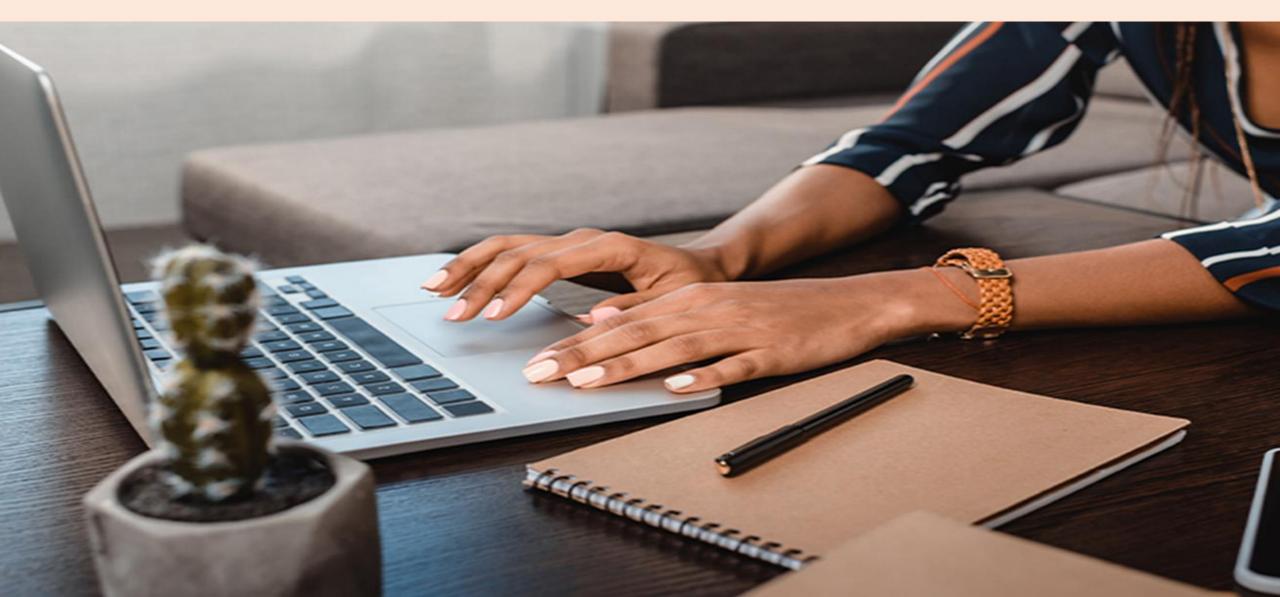
HOW TO PRACTICE RAIN

- Step-by-Step guide
- Recognize identify your thoughts, emotions, or sensations
- Allow: Let them be without judgment or resistance
- Investigate: Explore the underlying causes or triggers
- Nurture: Offer self-compassion and kindness

PRACTICING RAIN



The Art of Storytelling





Conclusion

"Between stimulus and response there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom" Victor E. Frankl



Additional Resources

Mindfulness medication teacher certification program (MMTCP) soundtsrue.com

Free mindfulness daily meditation. www. Tarabrabrach.com

Contact Information

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Sample Footer Text

