

LET IT RAIN



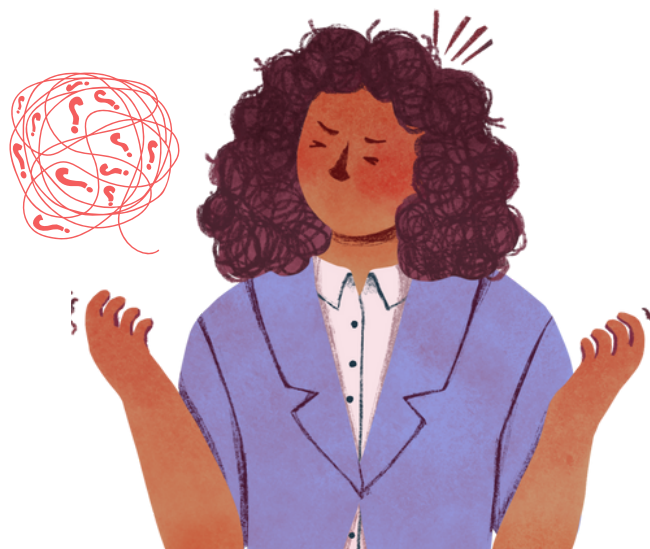
You wake up in the morning and realise you forgot to do the dishes last night and have to do it now even though you're in a hurry to get to work. You're feeling stressed so you take a 5-minute break to check your phone and see that your ex just announced their engagement on social media. You're feeling low and tired but you decide to ignore it and get to work. You sit at your desk to start work but your laptop won't come on. You try four, five, six times but it shows no signs of life. You can feel the energy building up inside you. You shout in frustration, hit your laptop and then burst into tears...

Have you ever been overwhelmed by your emotions in this manner? You're not alone.

To navigate difficult and overwhelming emotions and bring compassion for ourselves in moments of overwhelm, we can use the RAIN exercise.

Begin by thinking about a recent situation that has been causing you distress (e.g. *my ex getting married*)

Now explore the experience using the following steps:



1. Recognise

First we will notice and acknowledge the thoughts, feelings and urges that are coming up for you in the present moment.

Take a deep breath. Bring your attention to the emotions and sensations coming up for you right now. It can be helpful to name them as they come to your awareness.

This process helps you slow down and pay attention to what is happening in the present moment.



2. Allow

Now let the emotion be as it is in your body as it is. Try not to distract yourself or evaluate the feeling as good or bad. Simply allow and accept it as it is in the present moment.

Most of us have the instinct to push away, suppress or ignore difficult emotions to not be overwhelmed by them. But this often leads to even greater distress as we get more and more caught up in our thoughts and feelings. In such situations, we are more likely to react rather than respond to our emotions.



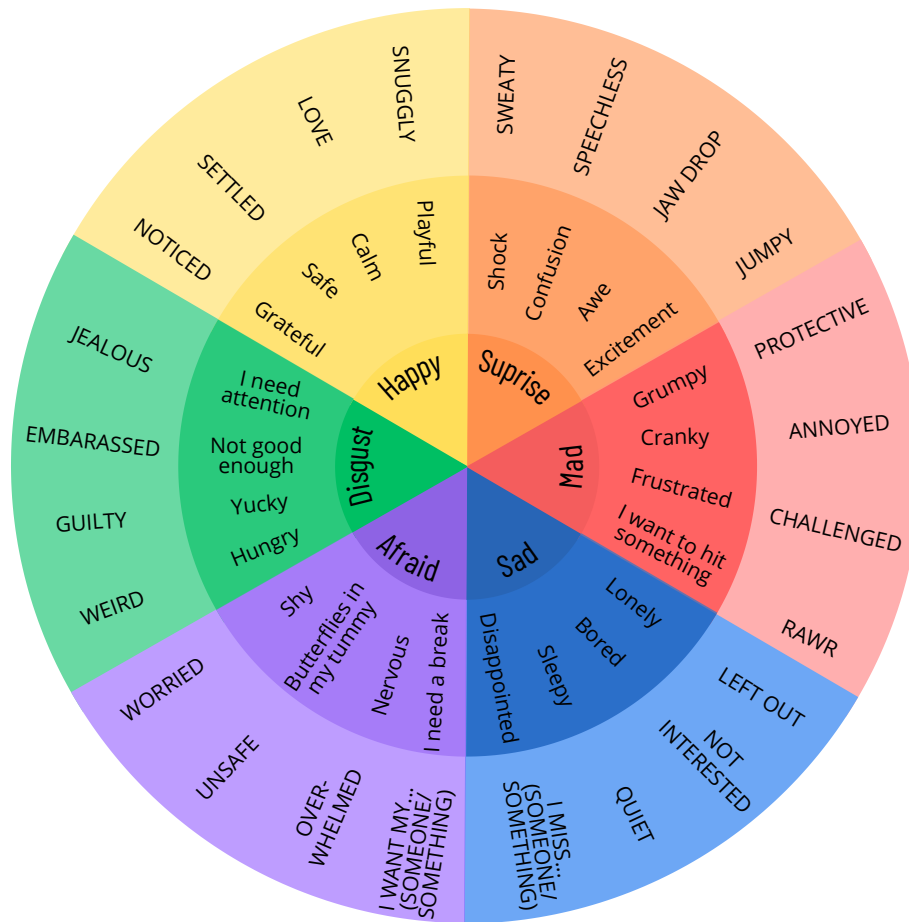
3. Investigate

Now you are ready to explore this emotion further. Become curious about this emotion and what it's trying to tell you.

- *What does it need?*
- *What most wants my attention right now?*
- *How am I experiencing this in my body?*
- *What can I do to support myself right now?*



You can use the emotion-sensations wheel below to explore your emotion further



This step allows you to understand your emotions at a deeper level so you can understand what you truly need at this moment.

4. Nurture

Now bring some compassion for yourself and this experience. Think about this part of you that is feeling hurt or overwhelmed and offer it a gesture of kindness that would be most helpful in comforting and soothing to you.

Place your hand gently on your heart space. Send yourself a message of care that feels appropriate -

e.g. *I'm here with you and I love you, I know that this is painful, I am listening.*



When we are in pain, it can be easy to be critical and harsh rather than compassionate with ourselves. But this self-compassion is what will enable you to manage overwhelm and respond effectively to the situation.

As you come to the end of the exercise, take a moment to stay with what you are experiencing right now.

The RAIN exercise helps us step back so we are no longer fused with or defined by our overwhelm. It is a reminder that we are not our emotions. No matter how intense and painful an experience may be, there will always be a part of you that can remain still, silent and at ease.

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

