



Wellbeing Tips

The RAIN meditation for wellbeing



Self-care through meditation

We may all experience feelings of stress, anger, overwhelm and anxiety. We can also experience negative thoughts about ourselves, our feelings or our experiences. But it is important to remember, no matter what or how we are feeling, we all deserve our own compassion and care. RAIN meditation is a mindfulness exercise, that you can use in difficult or stressful times. The acronym RAIN, stands for Recognise, Allow, Investigate and Nurture.

RAIN meditation can help you focus on the present moment and cope with uncomfortable thoughts and emotions. This exercise supports us to find self-compassion and learn how to be kind to ourselves. It can help when we encounter challenging experiences and assist us to use a mindful and non-judgmental approach. To begin this exercise, you may lay down or sit in a comfortable position, in a quiet environment. Close your eyes and take slow, deep breaths. Next, follow the steps below:

Recognise: Recognise your feelings, thoughts and physical sensations in the present moment. Identify and name your feelings silently or out loud to yourself.

Allow: Allow your thoughts, feelings and sensations to exist, come and go. Let go of any judgement you may be holding towards them. It is okay to feel however you feel in that moment, and you can tell yourself, "This is how I feel right now and that is okay". **Investigate:** Investigate where these thoughts and feelings are coming from, and what are they trying to communicate. Investigate your vulnerable thoughts and reflect on what they need, such as forgiveness, acceptance, belonging and love. **Nurture:** Be kind towards yourself, your thoughts and your experiences. Give yourself comforting messages such as, "You are okay" or "I am worthy". Think of friends, family members, pets or spiritual figures and imagine their love flowing towards you. Allow yourself to let in healing and compassion until you feel calmed and grounded.

To finish this exercise, take three more deep breaths and continue to be kind and mindful to yourself through the day. It is okay if you find this exercise hard, confronting or uncomfortable at first. If this exercise brings up feelings too big or overwhelming, it is okay to pause. It can sometimes be hard to engage in self-care, however, by regularly doing this exercise, it may facilitate healing, self-love and compassion.