STOP & RAIN are two acronyms to help us remember a mindful approach to living life and responding to stress with more intention, compassion, and wisdom. They help us to take a step back.

STOP gives us a moment to be. Pausing and tuning in, calm the nervous system, release stress, and allow us to proceed with intention. It is a great practice throughout the day and helpful for transitioning between one activity to the next.

**STOP** – hit the pause button

**TAKE A DEEP BREATH** – feeling the full inhale and exhale. Take one to three breaths if possible to slow down the nervous system.

**OBSERVE** – with kindness, bodily sensations, thoughts and emotions. Refrain from judgment and problem solving at this point.

**PROCEED** – with awareness and intention. Ask yourself: What is called for right now? What is helpful or wise?

RAIN allows strong emotions to flow and offers helpful techniques for coping or managing with challenging feelings.


**ALLOW** – feelings, and body sensations even if unpleasant. They’re already here; try not to judge or struggle with them.

**INVESTIGATE** – with interest. How are you experiencing this emotion in the body right now? Clenched jaw? Tightness in shoulders? Try to stay in the body rather than feeding the negative emotion with more thinking, judgment, and interpretation.

**NON-IDENTIFY AND NURTURE** – Do not take this emotion personally; for this too shall pass. Treat yourself and others kindly in the moment, minimizing harm. Allow yourself time to figure out how to respond — not every problem requires immediate solutions.