

# RAIN Self Check-in

**Recognize** - a stressor you're currently experiencing.

What is one stressor you're currently experiencing? Try working with just one for now.

**Allow** - take a moment to hold the stressor you identified with non-judgmental compassion. You can try saying something to yourself like "right now, it's like this" or placing your hand somewhere comforting on your body.

**Investigate** - gently explore the feelings, sensations, and/or thoughts associated with your stressor.

What emotions am I feeling right now?

How is my body reacting?

What am I thinking about right now?

**Nurture** - think of ways that you can take care of your stress.

What do I need to support my physical, mental, and/or emotional well-being? (Ex: eat a snack, take a break, mindfulness, go for a walk)

What is one specific thing I could do to improve the parts of my stress that are within my control? (Ex: ask for help, make a plan, prioritize a task).

# Draw or Doodle

## Recognize

- What is one stressor you are currently experiencing?

## Allow

- What does it look like to allow these stressors to be here?

## Investigate

- What emotions, sensations, or thoughts come up around these stressors?

## Nurture

- What kind of care do your stressors need right now?