

LET'S TALK ABOUT

# *Mindful Living*

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FEELING OVERWHELMED?

*Remember "RAIN"*

FOUR STEPS TO STOP BEING SO HARD ON OURSELVES

1.

R

Recognize  
what's  
going on

2.

A

Allow the  
experience  
to be there, just  
as it is

3.

I

Investigate  
with  
kindness

4.

N

Natural awareness,  
which comes from  
not identifying with  
the experience

