The RAIN skill is a powerful technique to help manage unpleasant emotions.

**R**ecognize what’s there. What are you feeling and thinking right now?

**A**llow it. Don’t try to change the experience that you are having. Just let it be there.

**I**nvestigate it. Be curious about your feelings and thoughts. View them with kindness and gentle attention.

**N**urture yourself with self-kindness and compassion.

Adapted from Dr. Tara Brach (link).