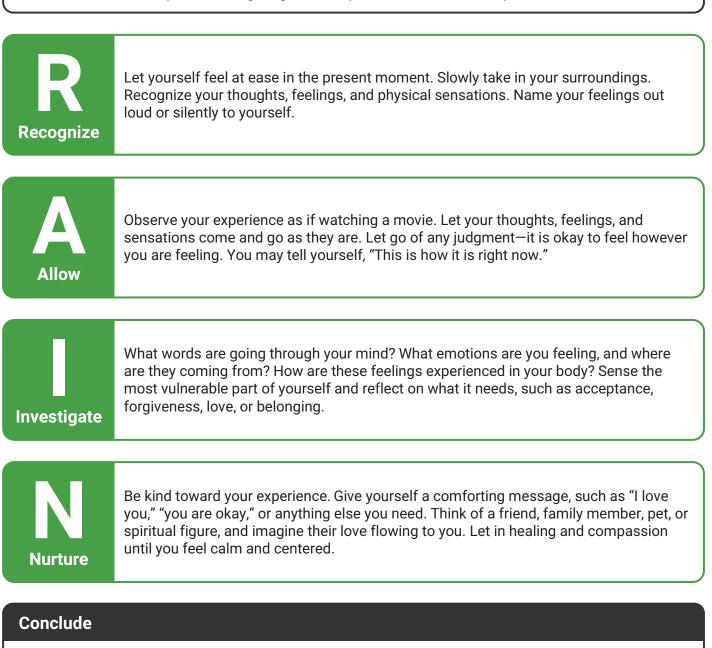
Mindfulness is a state of nonjudgmental awareness of what's happening in the present moment, including awareness of one's own thoughts, feelings, and senses. **RAIN** is a mindfulness practice that will help you focus on the present and cope with uncomfortable thoughts and emotions.

## Prepare

Sit or lie down in a comfortable position. Close your eyes or let your gaze soften. Take three slow, deep breaths. Follow the steps below, lingering for a couple minutes on each step.



Take three slow, deep breaths. Continue to be mindful and kind to yourself throughout your day.