

# Reclaiming Calm

While it's completely normal (and even helpful at times) to experience stress during challenging times, it can also leave us feeling overwhelmed and on the verge of burning out.

## RAIN Method

Next time you find yourself caught in incessant worry or planning, comparing yourself to others, or just feeling drained by the demands of life, allow yourself a few moments to pause and use the following four steps that make up the RAIN practice:

**1** Check-in and **RECOGNIZE** what's really going on for you right now. Are you feeling overwhelmed? Like there isn't enough time? That thoughts just won't slow down?

**2** Try to **ALLOW** whatever is happening, to happen, without judgement or the need to fix or control it. Try taking a couple of deep breaths while saying to yourself, "Yes, I'm feeling overwhelmed/anxious/tired right now." And let it be.

**3** Begin to **INVESTIGATE**, with kind curiosity. What does this feel like for you? Is there physical tightness or tension anywhere in your body? How is this affecting your beliefs about yourself; "I can't handle this...I'm going to fail...". Explore what arises when you ask yourself "What do I need most right now?"

**4** **NURTURE** yourself with what you sensed you most needed. Maybe it's a kind message telling yourself "It's ok, you've been here before and you can do it". Perhaps it's connecting with a friend or loved one. Or maybe it's giving yourself the time and space to listen to some music. Trust yourself to know what you need most.

Whatever it is, let yourself sink into this act of self-care with your full attention. Allow it to replenish and recharge you for what lies ahead.

## Purposeful Practice

Want to go deeper with this SSJ theme? Try out the RAIN practice at one of our free zoom yoga or meditation classes:

**Yoga | All Levels Welcome!**  
Pose of the Month – Child's Pose

**Zoom Yoga for Stress Relief**  
Tuesday, 4:30-5:30pm EST | Zoom Link:  
<https://dartmouth.zoom.us/j/757625459>  
Password: wellness

**Zoom Mindfulness Meditation Drop In**  
Friday, 3:30-4:00pm EST | Zoom Link:  
<https://dartmouth.zoom.us/j/396689593>

### Look out for for 10min Mindfulness Pop Ups!

On your own time:  
Scan the QR to try RAIN  
or visit the SWC website  
for more recordings!



## Online Learning is Here

### What helps you recharge & replenish?

As we all practice social distancing, consider the things that bring you peace (connecting with friends, music, nature, a good book...) and allow the time and space to commit to at least one thing that's just for you!

