



Managing COVID-19 anxiety with Mindfulness & Self-Compassion.

R.A.I.N. is a 4-step mindfulness and self-compassion tool created by Tara Brach. I have modified this tool to directly help you manage COVID-19 related anxiety.

Recognize what I am feeling, thinking, and experiencing.

Allow this experience without judgment.

Investigate with curiosity.

Nurture your pain, because this is hard.

R is for RECOGNIZE The first step is to recognize what is going on in this present moment. Recognizing helps us slow down and attend to the present. Often, we are so reactive that we don't stop or slow down to notice if there might be another way to respond.

An example of recognizing might be, "I am noticing tightness in my chest right now." Or, "Right now, the news is raising my anxiety." When we recognize, we see things for how they really are.

A is for ALLOW or ACCEPT First, start by saying "YES" to whatever you are noticing. By allowing, you are not denying how you feel or dismissing your anxiety. Instead, you are making room for it in your day, instead of trying to fight it and make it go away.

An example of allowing and accepting is, "I am going to allow the sensations of anxiety in my body right now. I am not going to fight them." Or, "It is ok that I feel this way right now. I am going to make space for them to come and go on their own."

I is for Investigate When we investigate, we take note of what is going on and notice the experience with curiosity and non-judgment. Investigating does NOT mean that you are allowed to ruminate about the worst case scenario. When using the I of RAIN, you can investigate what it feels like to have these thoughts, feelings and/or sensations in a non-judgmental fashion. The goal is to investigate by saying something like, "I notice that my anxiety has increased. Isn't it interesting how my brain and body responds in this way?" Remember, the goal of investigate is NOT to achieve a sense of certainty. Investigate is about asking yourself, "what's going on for me right now? How does this feel in my body in this moment?"

N is for Nurture Now that you have recognized, allowed and investigated, you now have an opportunity to nurture yourself during this difficult time. Nurturing is meeting your suffering with kindness, tenderness and warmth. This is the time to really take care of you and your needs. In this moment of uncertainty and fear, is there a way you can be kind to yourself? Can you validate yourself by recognizing that you are not alone in this difficult time? Can you be open to experiencing your anxiety, without criticizing yourself. This step is fundamental for our healing.

LAST STEP PRACTICE THIS REGULARLY!

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