

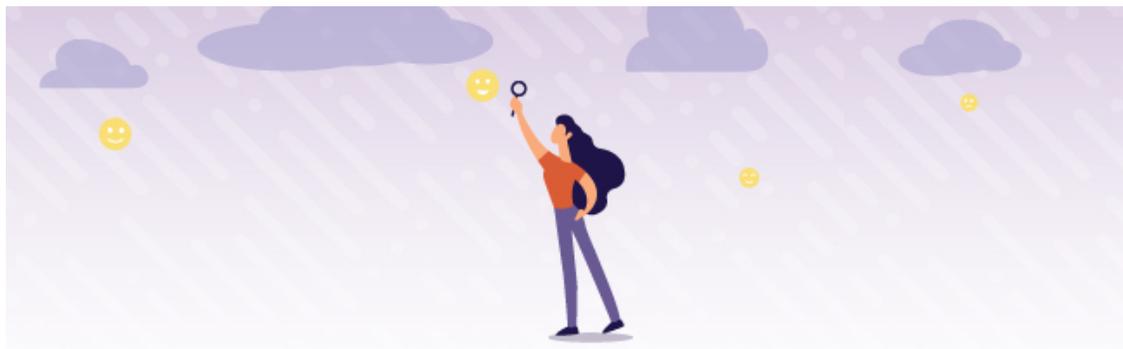
When It's Raining Emotions,  
*Embrace the R.A.I.N.*

Have you been surrounded by 'too much' lately? Too much information, too many thoughts in mind, lots of emotions to feel, a growing to-do list, etc?

If you have, it's absolutely natural to feel '**overwhelmed**'. Experts say that we're bound to feel emotionally different right now but it's extremely crucial that we don't suppress our feelings.

Research has linked emotional repression to decreased immune system function, stress, anxiety and even depression.

So what can we do? Control our feelings? No, and we mustn't. However, we can control how we respond and R.A.I.N - a simple mindfulness technique can help -



### **Recognise what's happening**

Take a moment to recognize what you're feeling (emotions, thoughts, sensations) in a

non-judgemental way. Try to name it like “I’m feeling sad” or “I’m feeling anxious”.

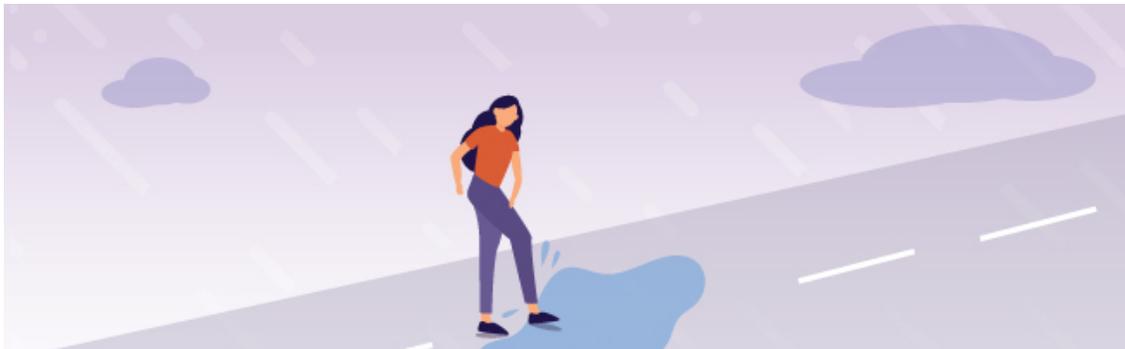
Psychologists say this ‘name it to tame it’ practice helps us calm down and evaluate emotions. Studies also show that putting hard feelings into words also makes the pain less intense.



### **Allow your experience**

Accept the feeling and ‘let it be as it is. Research suggests that the beliefs we hold about our emotions can have important implications on our well-being. So try to acknowledge the emotion.

One way is to simply whisper encouraging words like ‘Yes’, I ‘consent’, or ‘I know’. Such acknowledgment brings a sense of inner approval and eases the emotion.



### **Investigate with kindness**

Once you’ve recognised and allowed the emotion, get curious. Interrogate the emotion with the ‘What not Why’ questioning way as this, as per experts, helps avoid rumination and self-blame.

Ask yourself - “What made me feel like this?” or “What other times have I felt this way?”. Such ‘What’ questions keep our minds open to solutions, leading us to find a way out.



### **Non-Identification**

Try to understand that you're not your emotions. Non-identification helps us detach ourselves from our emotions and realize that the emotion will pass and we shall stay here.

So remind yourself that "I'm not bad or weak because I feel this way". Research says that if we remain engaged with an emotion, then the circuit of its impact continues to run.

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There you have it. A technique that can not only manage overwhelming emotions but also build self-compassion. Need further guidance? You can speak with an unbiased friend anytime -

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If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at [corporate@yourdost.com](mailto:corporate@yourdost.com).

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