



# Weekly Wisdom

*Grow the Green for You and Your Team*



*"We will never be able to control our experiences, but ... we can transform our relationship to them. This changes everything." -Sharon Salzberg*

## Another Kind of RAIN

As we prepare this newsletter, we've lost count of the days of rain. But it did bring to mind a powerful tool in our toolkit: the **RAIN** practice.

**RAIN** is an acronym for a practice to help "ease emotional confusion and suffering." When difficult feelings arise, try these four steps. Pay attention to your feelings in a new way.

Read more in the link to learn about this important practice.

**Recognize** the emotion that has arisen. Simply notice how something has made you feel.

**Acknowledge** and accept this particular feeling. No judgment. The feeling isn't good or bad, it just is.

**Investigate** your emotions with curiosity and openness. Examine the emotion, not the cause.

**Non-Identify** as a form of self-compassion. "I'm angry, but I'm not an angry person."