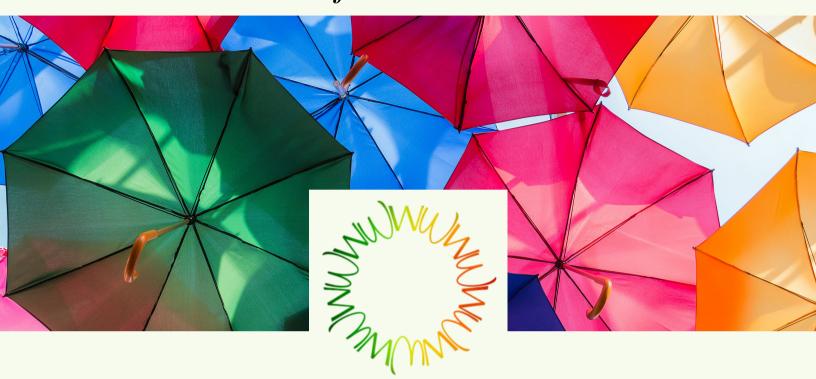


WeeklyWisdom

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 selfcompassion. "I'm angry, but I'm not an angry person."