

R. A. I. N.

Remember RAIN to cool off...



Recognize
your
feelings
and notice
what's
happening
inside you.

Accept
that
feelings
are normal
& are
simply part
of our
humanity.

Investigate
with
curiosity
instead of
judgement
& breathe
through the
discomfort.

Nurture
yourself
with
compassion
& know that
this will pass
and you will
be okay.



Training,
Courses, &
Counselling

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