



The Green Hub Project for Teens

Life Skills for Teens

Chapter five

In this chapter we talk about a great strategy where you use the acronym called RAIN. This is coined by Tara Brach, who is a psychotherapist with a Ph.D. in clinical psychology. This is an easy-to-use tool for practicing mindfulness and compassion.

We can use the RAIN method when we encounter a difficult situation, to make the feeling a little less emotional and getting some distance to it.

We also talk about what happens when we are overly critical of ourselves and how we can start to change this. Lastly, we introduce the Concept of 'what can Batman do'.

The Acronym RAIN

R - Recognise what is happening.

A - Allow the feeling to be as it is.

I - Investigate the feeling like a scientist.

N - Nurture. Be self-compassionate with yourself and what you are feeling.

Reflections for you:

- How could you bring in the **RAIN** acronym into your life?
- Think about a situation recently which upset you. Can you use the RAIN acronym to make it less emotional?

What are the signs when we are overly critical of ourselves?

- ✓ We focus more on the negative.
- ✓ We might catastrophize and magnify situations.
- ✓ We can personalize situations.
- ✓ We often do mind-reading of what others 'might' think of a situation, and this can be very tiring for us.
- ✓ We often include emotions like 'shame, guilt or fear' when we are self-critical.
- ✓ We do a lot of '**SHOULD**' self-talk.





Top Tips when we are overly critical of ourselves

- **Accept** the situation as it is.
- **Focus** on the good in the situation.
- **De-personalize** the situation, think of it in second or third person.
- **Accept** that you are not a mind reader of people around you.
- **Mindfully** accept emotions that you might be feeling.
- Try to **use the word COULD** instead of **SHOULD**.

Talk to yourself in the third person.

- ✓ This works to reduce negative thoughts.
- ✓ It has also been proven to help in any situations, like for a performance.
- ✓ It works really well in sports and athletics too

A good sentence to use would be:

*'If I feel scared, then I will calm myself and tell myself -
Tone (your name), you will do ok'*

Positive mantras

These are words that we can use to help ourselves. If we say them over and over again, we start believing in them, but in a positive way. Put them up on your wall and look at them every day. Say them to yourself daily. This is what really successful entrepreneurs do, so not you too.

Reflections for you:

- What kind words, or mantras could you say to be kind to yourself?
- You could make nice notes and put them up on the wall to remind yourself to be kind to yourself and that you matter.





What would Batman do?

A good tip is to think of someone you trust and respect and try to visualize what they would do and say in a tricky situation. This is called, what would Batman do.

If you can journal what you think they would say.

Reflection for you:

- Who would be your symbolic 'batman'? Is there a wise person in your family or life who could be your symbolic Batman?
- Who could you use to think of what someone you trusted would think, say or do in any tricky situation?

A self-care HACK to trick the brain that you are care about yourself.

- ✓ **Give yourself a long hug.** This calms the nervous system.
- ✓ Squeeze both your hands together.
- ✓ Gently and slowly stroke your own hands. This also calms the nervous system.

Hugs release the hormone oxytocin which helps us feel loved and safe!

