



Toolkit

These exercises are designed to help you regulate your emotions if you feel stirred up emotionally at any point during this eCourse.

Name It to Tame It

When an emotion feels out of control or upsetting, naming the emotion helps us self-regulate. Watch Dr. Lisa Firestone explain how to Name It to Tame It.

RAIN

The RAIN approach is a mindfulness practice that is often taught by psychologists Jack Kornfield and Tara Brach. This practice can be very effective when strong emotions arise. Watch Dr. Lisa Firestone explain the four steps of RAIN in the video below. You can also download our RAIN Approach Handout.

Download [The RAIN Approach Handout](#)

4-7-8 Breathing

4-7-8 Breathing is a simple mindfulness practice that can help you calm down and regulate your emotions. Watch Dr. Lisa Firestone explain this simple breathing technique.