



# How to Catch a Rainbow

A tool to help pick you up and get to a better place

On a rainy day, or when you are feeling low in your heart, here are some tips to help you pick yourself up:

**R** - do an an activity of REST

**A** - work on radical ACCEPTANCE

**I** - set an INTENTION for the day

**N** - be NICE to yourself - practice compassion

**B** - read a BOOK or write as a distraction

**O** - ONE activity of exercise OUTSIDE

**W** - drink WATER and take care of your body

Write some of your ideas here:

To learn more tools or to get support to help you live the life you love, go to  
[www.vaniasukola.ca](http://www.vaniasukola.ca)

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