



# Mindful Lean

Doing a mindful lean helps us check in with the present moment, a couple of times a day.

If you can control your attention through mindfulness, you can manage your emotions.

The mindful lean is one of the ERIC skills that brings your attention to what is happening in the present moment by focusing on the balls of your feet and your breath. It helps build mindful habits into your day.

## TIPS FOR THE MINDFUL LEAN:

1. Try to get in the habit of leaning when waiting
2. Lean at least 3 times a day.
3. Wiggle your toes to remind you to check in.



MICRO  
MINDFULNESS