



# Mindful Lean

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

Everyday mindfulness is an essential building block for emotion regulation. It helps your mind to recognise, accept, and understand the purpose of emotions.

Mindfulness also helps you control impulses, so you stay on track with your goals and values even when you experience strong emotions.

It gives you clarity and awareness to keep doing what matters in spite of negative feelings. Finally, mindfulness is the antidote to unhelpful emotion regulation habits such as avoidance, suppression and rumination.

So what is mindfulness? Sometimes mindfulness is explained as a way to combat our habit of operating on 'automatic pilot' - when we become lost or distracted by our thoughts and do not pay attention to what is happening in our body or the everyday world. It strengthens the muscle in your mind that can bring your awareness back to the 'here and now', rather than your mind flipping and flopping between thoughts of the past and the future.

Mindfulness can help you control where your mind spends its time which has a big impact on how you feel. If you can control your attention through mindfulness, you can manage your emotions. You learn not to take your thoughts so seriously. Mindfulness gives your mind a resting place, so you can think clearly and make better decisions.

## MINDFULNESS ASKS YOU TO:



### 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.



Getting into the habit of practicing mindfulness is a bit like brushing your teeth every day. You usually don't feel any immediate benefit, but you are preventing toothaches. **Check in a few times a day with a mindful lean to help keep your mind clean.**



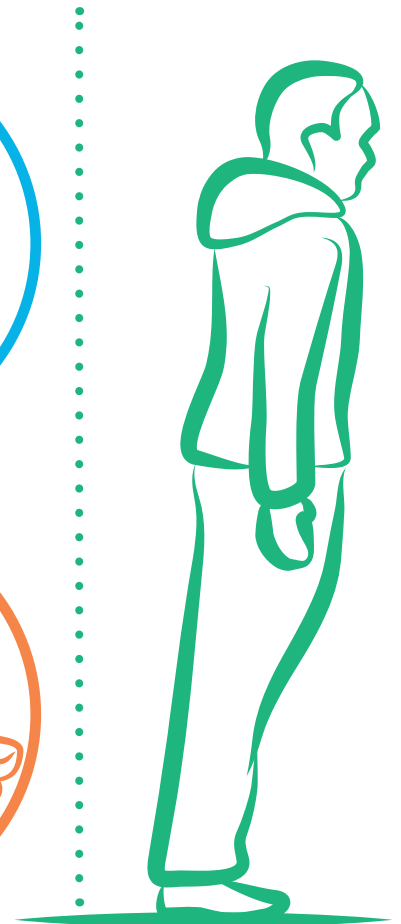
### MINDFUL LEAN

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.

- 1. • Take one long, slow breath, breathing in through the nose and out through the mouth.
- Stand with your feet hip-width apart.
- Gently lean your body forward.

- 2. • Notice your weight shift to the balls of your feet.
- Notice your toes gripping the ground.
- Breathe naturally.

- 3. • Gently bring your attention to the tip of the nose, noticing the breath as you breathe in and out.
- Bring your attention back to the balls of your feet and your toes.
- Count 10 seconds, and gently shift your weight back so you are standing upright, with both feet flat.
- Take a long, slow breath, in through the nose and out through the mouth.



### PRACTICE & REFLECT

You can use the mindful lean as a brief pause to check in with the present moment a couple of times a day. Practice a mindful lean 3 times a day every day for the next week. Tick it off in the calendar after you have had a go.

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What happened to the muscles in your legs, lower back, and stomach while leaning mindfully? What did you notice as you tried to stop yourself from toppling over?

Did you notice a tightening sensation anywhere in your body?

Did you notice anything happening in your mind? What were you thinking?