

# Mindful lean



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

### Mindfulness asks you to:

- Be present.
- Be accepting of what is here.
- Allow it to be.
- Observe it without judgement.
- Let it go.

### Tips for mindful lean:

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

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? Everyday mindfulness involves training your mind so you can switch from Doing Mode (where we are busy thinking, planning and remembering) to Being Mode (where we observe our experiences with curiosity).

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. It can help you soothe and calm yourself down when you are distressed. It teaches you to hold your thoughts lightly and let them go. We see things more clearly when we are mindful.

# Mindful Lean

The mindful lean is one of the core 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.

- 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.

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

- 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.
- 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. You can practice a mindful lean anywhere. Tick it off in the calendar after you have had a go.

MONDAY Mindful lean	TUESDAY Mindful lean	WEDNESDAY Mindful lean	THURSDAY Mindful lean	FRIDAY Mindful lean
<input type="checkbox"/> 1				
<input type="checkbox"/> 2				
<input type="checkbox"/> 3				