

January

Mindfulness

What is Mindfulness?

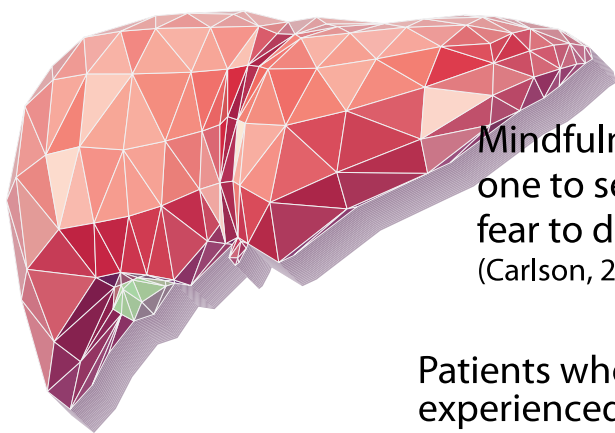
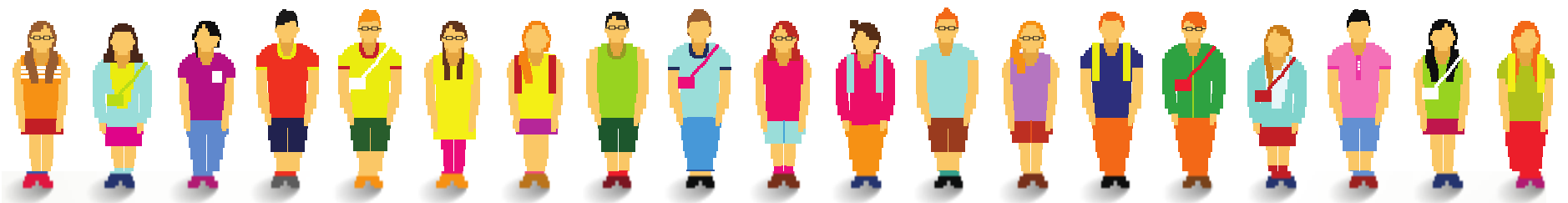
Moment to moment awareness, described as "paying attention on purpose" (Kabat-Zinn 2003)

Can be cultivated in any situation and can be incorporated into daily activities such as cooking, eating or cleaning (Merkes 2010)

Skill to nonjudgementally observe emotions, sensations and cognitions (Bohlmeijer 2009)

Involves observation of constantly changing stimuli (Baer 2003)

Mindfulness allows us to tune in to present sensations instead of focusing on the past or future (Berkeley)



Mindfulness & Your Liver

Mindfulness exercises bring about a shift in attitude and perspective that allows one to see chronic disease through a different lens; a lens that will not allow fear to drive your behavior and consume you.

(Carlson, 2012; Sagula & Rice, 2004; Tacon, 2011; Veehof, Oskam, Schreurs, & Bohlmeijer, 2011)

Patients who underwent organ transplantation, including liver transplant, experienced improvements in anxiety, depression, sleep & quality of life. (Gross 2010)



Doctor's Tip

Mindfulness can help you form a different relationship with disease, one that is not based on suffering, but rather focused on hope and healing.

- Dr. Pranab Barman, Northwestern University



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