

January

Mindfulness

Incorporating It Into Your Life



Pay attention to the world around you.

Think about the meaning of words and their uniqueness.

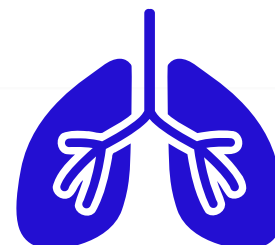


Make familiar things new to you again or find a new detail about an object you haven't noticed.



Pay close attention to your body and senses.

Focus on your breathing.



Mindfulness & Your Liver

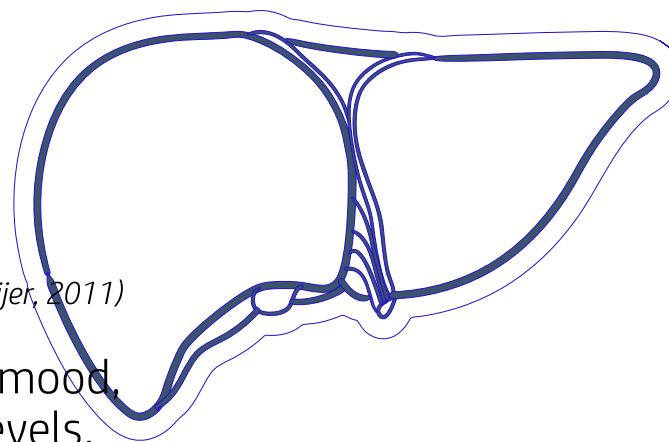
Mindfulness exercises:

- can address many grief and loss issues.
- are modlable to many chronic disease circumstances.

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

In patients with chronic disease, mindfulness can improve mood, sleep quality, fatigue, pain, psychological distress stress levels, and overall quality of life

(Merkes 2010)



Doctor's Tip

Utilize mindfulness to cope with chronic disease, such as liver disease.

-Dr. Pranab Barman, Northwestern University



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>