

January

Mindfulness

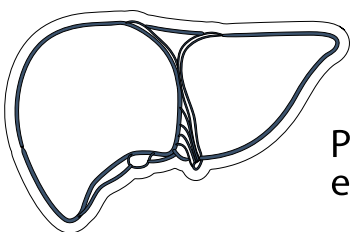
Mastering the Practice

Formal curriculum delivered in a group format.

Exercises include mindful body scanning, sitting & walking meditation, and Hatha Yoga postures.

Practice at home for 20-45 minutes a day.

The body scan exercise can be practiced anywhere by focusing attention from your toes to your head and being aware of all of your senses.



Mindfulness & Your Liver

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

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, & Bohlmeier, 2011)



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



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>

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