

January

# Mindfulness

## Incorporating It Into Your Life



Pay attention to the world around you.

Think about the meaning of words and their uniqueness.

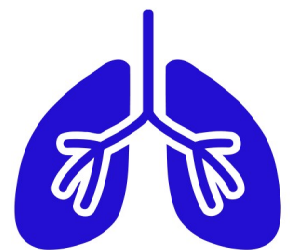


Make familiar things new to you again or find a new detail about an object you haven't noticed.



Pay close attention to your body and senses.

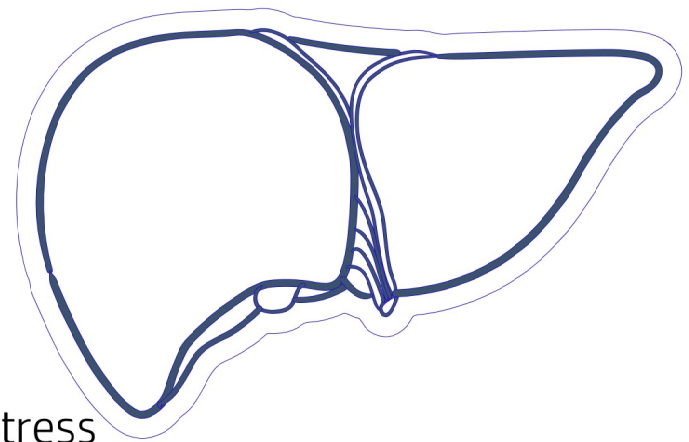
Focus on your breathing.



### Mindfulness & Your Liver

Mindfulness exercises:

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



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



### Doctor's Tip

Utilize mindfulness to cope with chronic disease, such as liver disease.  
-Dr. Pranab Barman, Northwestern University



LIVE FIT. LIVER FIT.

**GET FIT** >>>

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <https://ALFGetFit.wordpress.com>.