

January

# Mindfulness

## A Quick Overview to Get Started

1

Skill to nonjudgementally observe emotions, sensations and cognitions

(Bohlmeijer 2009)

2

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

(Merkes 2010)

3

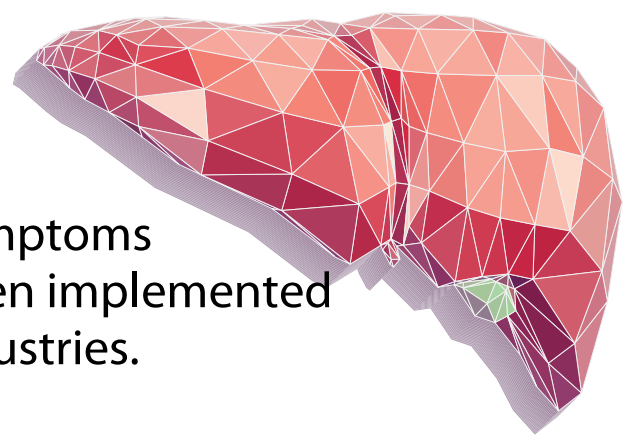
Exercises include mindful body scanning, sitting & walking meditation, and Hatha Yoga postures.

4

Pay attention to the world around you and make familiar things new to you by finding new details on objects you hadn't noticed.

## Mindfulness & Your Liver

Literature supports many benefits on physical and psychological health, with overall reduction in symptoms distress and improvement in well-being. It has been implemented by many schools, prisons, hospitals, and other industries.



### 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>

Poster Updated 12/8/16