

January

Mindfulness

What is Mindfulness?

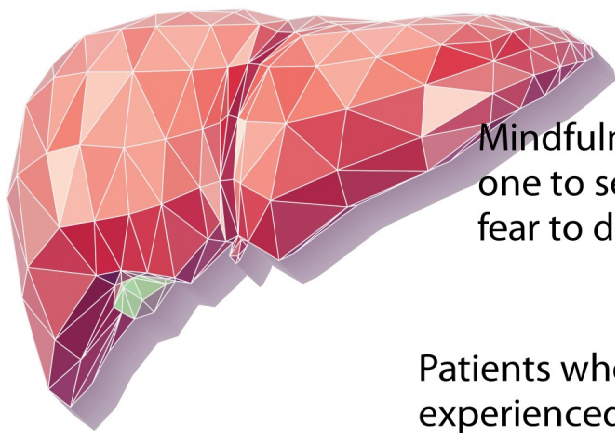
Moment to moment awareness, described as "paying attention on purpose."

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

Skill to nonjudgementally observe emotions, sensations and cognitions.

Involves observation of constantly changing stimuli.

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



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.

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



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 <https://ALFGetFit.wordpress.com>.