January

Mindfulness
A Quick Overview to Get Started

1. Skill to nonjudgementally observe emotions, sensations and cognitions
   (Bohmejer 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

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