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.
Focus on your breathing.
Pay close attention to your body and senses.

Mindfulness & Your Liver
Mindfulness exercises:
- can address many grief and loss issues.
- are modifiable 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

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