January
Mindfulness
Mastering the Practice

- Formal curriculum delivered in a group format.
- Practice at home for 20-45 minutes a day.
- Exercises include mindful body scanning, sitting & walking meditation, and Hatha Yoga postures.
- The body scan exercise can be practiced anywhere by focusing attention from your toes to your head and being aware of all of your senses.

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

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.

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.