

Mindfulness Healing Cheat Sheet by [deleted] via cheatography.com/2754/cs/10593/

Introduciton

If you or anyone you know has cancer the Seven Principles of Mindfulness in Healing can guide your way home through diagnosis, treatment and recovery.

Credit: http://www.mindfulnessinhealing.org/

For more information books is available at this website

Principles

BE YOUR OWN ADVOCATE: Take a stand and be in control of your healing experience. Don't just roll over and let the medical establishment run over you.

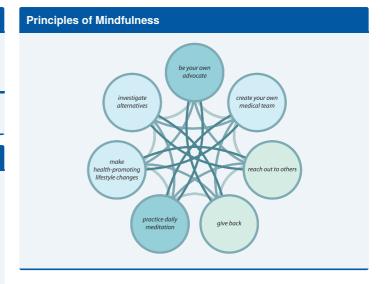
INVESTIGATE ALTERNATIVES: There is a magical world of alternative therapies that will further your healing and give you a sense of well being on the journey to wellness.

MAKE HEALTH-PROMOTING LIFESTYLE CHANGES: These will include opting for healthy dietary choices and energizing exercises PRACTICE DAILY MEDITATION: Tune into yourself to discover your body sensations, thoughts, and feelings

REACH OUT TO OTHERS: Ask family and friends for support and join a support group to share healing challenges and experiences.

CREATE YOUR OWN MEDICAL TEAM: Look for experts who know both Eastern and Western methods to get the widest range of medical support.

GIVE BACK: When you are ready, you will find joy and meaning in helping other people and giving back to your community.





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Published 24th January, 2017. Last updated 24th January, 2017. Page 1 of 1. Sponsored by **Readable.com**Measure your website readability!
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