



Simple ways to be kind to yourself

Practicing self-care is good for the mind, body, and spirit. Here are some simple things you can do to boost your mood, beat stress, and enjoy life more. Each one takes just a little time and effort – and you're worth it.

Take up meditation

Focus on your breath and being present in the moment. You might not experience instant inner peace, but a few minutes of quiet meditation can help clear your thoughts, calm your senses, and recharge your energy.

Sleep well – and sleep enough

Lack of sleep can affect the way you feel mentally and physically. Limit bedtime distractions if you have trouble sleeping – you can't leave the day's stresses at the door if you're checking email, texting, or browsing online.

Socialize face-to-face

Connecting with others can do wonders for your physical and emotional wellness. Calls, texts, and social networks are great for staying in touch, but quality time together is what really helps people – and relationships – thrive.

Visit kp.org/mindbody.

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