



Make A MIND-BODY CONNECTION

How you feel in your head affects how you feel in your body. When life gets overwhelming and pressure starts to build, it's important to take time to focus on your emotional wellness.

Seize the days and be good to yourself

Discover simple ways to tame tension, beat stress, and feel happy.

Breathe through it.

1 minute of mindful breathing is like hitting the reset button on your day. Breathe slowly and deeply, and focus on each breath to feel calm, focused, and grounded.

Practice gratitude.

People who make it a habit to count their blessings report feeling happier and healthier. So the more grateful you are today, the more reasons you'll have to be grateful tomorrow.

Unplug to recharge.

Spend an evening offline. Play a board game, take a walk, or catch up with an old friend for a relaxing, rewarding experience.

Explore more tips for living a balanced, happy life at kp.org/mindbody.

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