



Keep your mind and body in sync

How you feel and think are closely related. So, it's important to take care of your mind as well as your body to help reduce stress and maintain mental health.



Heal your body and mind

Get resources for easing stress, anxiety, depression, and sleep problems. Keeping your mind and body healthy and in sync is a great way to [care for the whole you](#).



Understand the mind-body connection

Learn how health problems affect emotions and how well you [treat, manage, and cope with illness](#). Plus, find out how a positive outlook may help you better handle pain or stress.



Make self-care a priority

See why there is growing interest in self-care, with more than three-quarters of U.S. consumers saying [wellness is more important than ever](#).



Scan the QR code or visit kp.org/mindbody to learn more about mind and body wellness.

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