Self-care for the whole you

Mental and emotional wellness are important parts of your overall health. Being good to your mind is just as important as being good to your body — and that means living a healthy lifestyle, paying attention to how you feel, and doing simple things to take care of the whole you.

Stick to a sleep schedule

Lack of sleep affects your mood, mental sharpness, and ability to handle stress. It's also linked to mental health conditions like depression and anxiety. To create a healthy routine, go to bed and wake up at the same time every day — even on weekends.

Move your body, lift your mood

Exercise can release tension, tame stress, and improve your sense of well-being. Plus, it can relieve some symptoms of depression and anxiety as effectively as certain medications — all with no side effects.

Find your words

Speak up if you're struggling. The people in your life are there for a reason, so be honest with your loved ones if you're having a rough time. They can't help unless they know you need their support.

Visit **kp.org/selfcare**.

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