



Simple ways to be kind to yourself

Practicing self-care is good for the mind, body, and spirit—especially now during the COVID-19 pandemic. It's been a challenging year, but here are some simple things you can do to boost your mood, beat stress, and find more joy in your everyday life.

Take a break

Whether you're working from home or at your workplace, busy with kids or everyday housework, we can all use a break. Take a moment to stretch or focus on your breath. Even just 10 minutes of mindful movement can make a big difference.

Sleep well

Lack of sleep can affect the way you feel mentally and physically. If you're having trouble sleeping due to extra stress during the pandemic, try limiting your screen time before bed. Make changes that might help you let go of any extra stress from the day.

Stay connected

Staying connected with friends and family—either by phone, online, or in person—can do wonders for your physical and emotional wellness. Regular video chats are a great way to keep in touch. You can also plan visits with precautions to help protect one another from COVID-19.

Visit kp.org/mindbody.

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