



Keep your mind and body connected

How you think can affect how you feel. And how you feel can affect your thinking. Practicing mindfulness can strengthen that mind-body connection and help you feel better, inside and out.



Heal your mind and body

Get resources for easing stress, anxiety, depression, and sleep problems. Keeping your mind and body healthy is a great way to [support your overall well-being](#).



Understand the mind-body connection

Learn how health problems affect emotions and how well you treat, manage, and cope with illness. A positive outlook may help you better handle pain or stress.



Practice mindfulness

Try practicing the 5 R's of [mindfulness to stay present every day:](#)

- Recognize what's happening
- Respond thoughtfully
- Relax your mind and body
- Reflect on your feelings
- Reframe challenges

Explore mindfulness tools at kp.org/mindbody

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