



# 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](https://kp.org/mindbody)

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 4000 Garden City Drive, Hyattsville, MD 20785 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 2715 Naches Ave. SW, Renton, WA 98057