

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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Rest easy for better health

Sleep gives your brain time to grow, repair cells, and rebuild energy.¹ If you're having trouble sleeping, you're not alone – about 1 in 3 Americans struggle with falling and staying asleep.² But you can rest easy with these tips and tools to help you get a better night's sleep.

Create a relaxing routine

Developing a consistent bedtime routine signals your body that it's time to wind down. Try activities like deep breathing, meditation, or light stretching to relax before bed. Avoid using electronic devices, as blue light can interfere with melatonin production.

Nourish your sleep

Your diet plays a key role in sleep quality. Incorporate sleep-friendly foods and drinks like almonds, bananas, and herbal teas to promote relaxation. And avoid caffeine and heavy meals late in the evening to support uninterrupted rest.

Move for better sleep

Staying physically active during the day can help regulate your sleep cycle. Try simple stretches or moderate exercise to promote deeper, more restful sleep. Aim for at least 30 minutes of movement but avoid intense workouts close to bedtime.

Visit kp.org/sleep for more resources on how to rest and recharge for a healthier, happier you.

1. Eric Suni, "What Happens When You Sleep?" Sleep Foundation, December 22, 2023, **2.** Sandee LaMotte, "Sleep Deprivation Affects Nearly Half of American Adults, Study Finds," CNN, November 8, 2022.

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