



# find perfect harmony

## Lift your spirit by bringing your mind and body into balance.

Positive thinking can make a big difference in your health. For your daily dose of happy, take time to remember a pleasant event. Or imagine yourself in a serene, peaceful place. Even better, do something that makes you smile or laugh. Your de-stressed immune system will thank you. Find your healthy rhythm with these tips:

### **Time out.**

Balance work and life by setting aside some “you” time. This can help you be happier and healthier through the week.

### **Help others.**

Spread smiles with simple acts of kindness. You can also feel good about yourself by volunteering.

### **Feel fuzzy.**

Spend time with animals to unwind. Adopt a pet from a shelter or help walk a neighbor’s dog.

[learn more](#)

[Visit \*\*kp.org/mindbody\*\* for more ways to look on the bright side.](https://www.kp.org/mindbody)

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