

Mental Health & Emotional Wellbeing

KP Self-Care

Explore our broad range of self-care resources — including apps, audio activities, articles, and more — designed to help you thrive in mind, body, and spirit. Specific Offerings (Guided Exercises & Activities):

- [How to practice mindfulness](#)
- [Managing Stress](#)
- [Meditation](#)
- [Mindfulness](#)
- [Mind-Body](#)



Audience: Everyone

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myStrength

myStrength® is a personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. You can track preferences and goals, current emotional states, and ongoing life events to improve your awareness and change behaviors.



Audience: Everyone

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Get creative to stay connected with family and friends

In this time of social distancing, these simple tips — including staying in touch with loved ones — can help boost your mood and lift everyone's spirits.



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Physical Health

Thrive Together: Stay Active

Being active is being healthy. Our doctors at Kaiser Permanente consider exercise a “vital sign” for all of their patients. Check out the following article for some tips:

- [Try these 8 fitness tricks](#)



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Your Optimal Ergonomic Health at Home

It can be easy to overlook your ergonomic health when working from home, but a few simple steps can prevent injury and optimize efficiency and productivity.



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Food for Health

Check out KP’s library of healthy recipes. You can search for recipes by the type of meal or the season. There are also resources for mindful eating and vegan/vegetarian options. Specific Offerings:

- [Mindful Eating](#)
- [Food for thought](#)



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Physical Health

Sleeping Better

If you're having trouble sleeping, you aren't alone — up to 1 in 3 Americans have difficulty falling and staying asleep. But rest easy: There are a number of simple things you can do to help.



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Additional Resources

General Health and Wellness Resources

Explore our wellness resources for help and guidance on how to live a healthier tomorrow.



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Online Articles

There are many articles online that are focused on improving our well-being during COVID-19 pandemic

Here are some quick reads:

- [UC Berkeley's Greater Good Guide to Well-Being during Coronavirus](#)
- [John Hopkin's Coronavirus: Practicing Wellness While at Home](#)
- [HBR's That Discomfort You're Feeling is Grief](#)



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