

# BETTER moments



## Strike the right balance

A positive outlook on life can bring your mind and body into balance and make a big difference in your overall health. For a happier, healthier you, sometimes all it takes is a little imagination.

Take a break from your day with 10 minutes of positive thinking. Remember an event that made you happy. Or imagine yourself in a place that makes you feel calm and worry-free, like on a beach or your favorite hiking trail. For a more direct effect, do something that makes you smile or laugh. Studies show that the simple act of smiling can reduce feelings of stress.

And don't discount the magic of music. Sing out your blues, and feel your spirit lighten.

Visit [kp.org/bettermoments](http://kp.org/bettermoments) for ways to look on the bright side.

## Get connected

Connect to yourself and those around you:

**Strength in numbers.** Exercising with a friend or group of friends can provide extra motivation and support for everyone.

**Take a minute.** Writing down three things you're grateful for at the end of each week can help you live a happier life.

**A laugh a day.** Laughing boosts the immune system, so watch a funny movie or go catch a comedy show.

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