Mental and emotional wellness are important parts of your overall health. Being good to your mind is just as important as being good to your body — and that means living a healthy lifestyle, paying attention to how you feel, and doing simple things to take care of the whole you.

**Stick to a sleep schedule**
Lack of sleep affects your mood, mental sharpness, and ability to handle stress. It’s also linked to mental health conditions like depression and anxiety. To create a healthy routine, go to bed and wake up at the same time every day — even on weekends.

**Move your body, lift your mood**
Exercise can release tension, tame stress, and improve your sense of well-being. Plus, it can relieve some symptoms of depression and anxiety as effectively as certain medications — all with no side effects.

**Find your words**
Speak up if you’re struggling. The people in your life are there for a reason, so be honest with your loved ones if you’re having a rough time. They can’t help unless they know you need their support.

Visit kp.org/selfcare.