Nourish your mind and spirit for better health.

How you think and feel can have a big impact on your overall well-being. Spend a little time each day to give your spirit—and your health—a boost. Here’s how you can look at the bright side:

Savor the sweetness. Try doing simple things that make you smile or laugh, like watching a comedy or sharing a funny story with a friend.

Share what’s on your plate. If you feel depressed, don’t keep it to yourself. Reach out and talk to a friend, family member, or health care professional.

Serve up a positive outlook. Studies show that optimists are substantially less likely to suffer from many health problems.

Visit kp.org/mindbody to learn more ways to stay positive.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232