

Peace of Mind – a 21-day emotional well-being program

From Jan. 8-28, 2024 we invite you to practice
mindfulness everyday for 21 days.

Mindfulness may enhance your well-being and support self-care.

Being mindful means being present and attentive, which helps you slow down, calm your mind, relax your body, and manage stress. It may also help you recognize and be grateful for the good things happening in your life.

With this virtual program, we will encourage you to practice mindfulness at least once a day, for 21-days. Wellness University will support you along the way with emails that will include highlighted resources, tips and more.

Examples of mindfulness practices:

- Deep Breathing Exercises
- Gratitude journaling
- Gentle stretching
- Yoga
- Meditation
- Listening to music
- Reading a book
- Practicing Optimism



Scan the QR to register for the program.

There will be multiple chances to win prizes, like a Bluetooth Speaker, and you'll earn Wellness University credits toward great rewards.

For questions or more information, visit kpwellnessu.org,
email Employee-Wellness-SSC@kp.org, or call (916) 525-4820.