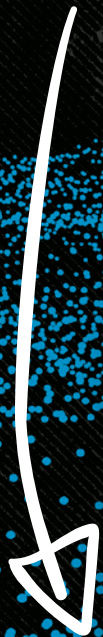


JK'S TOP TIPS FOR WELLBEING

groov

AutoSense
DRIVING SAFETY

TIP 1



chill



Calming your mind and relaxing your body is a great way to reduce stress, so carve out some time every day to just chill.

JK SAYS

"Learn how to breathe. When you start breathing through your anxiety, it has less power. I never thought it would work until I tried it, but it was amazing, and I still do it to this day. Meditation is also amazing for your mental health, but for me personally, I've found the best ways to calm my mind are reading, cooking and playing the guitar. That's my 'chill'."

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THE DEPOT
HOSTED BY GREG MURPHY

