

Kalmfulness

Sometimes it can be so easy for us to take our mental health and emotional well-being for granted; to prioritise other things; to put it off until next week. It can also seem too big and too hard. But it's not. We, as a nation, can all benefit from cultivating a little more kalmfulness into our lives; to reflect on how we are feeling and understand what we can do to better look after ourselves today and, in the future.

You're not alone

You are not alone if you think you could benefit from cultivating a little more kalmfulness into your life.



According to new research conducted by Kalms, 1 in 5 Brits (22%) believe their mental health and well-being has significantly worsened in the past 12 months.¹



This rises to 1 in 4 for women (25%) and young adults aged 18–34 (27%).²



Only a small minority of Brits (19%) believe their mental health and well-being has improved since the COVID-19 pandemic.³



What is kalmfulness

We define Kalmfulness as the state or quality of being kalm, peaceful and untroubled in the midst of daily life. We believe it's an emotional state achieved by bringing ease to the mind and body through a range of practices such as releasing your inner creativity, being kind to yourself and others, or implementing the use of traditional herbal remedies. Whatever helps you to feel grounded and more balanced.



How to achieve kalmfulness

Some self-help techniques can feel unattainable and time consuming; however, cultivating kalmfulness through the below practices can be an achievable goal on a day-to-day basis:



Adopting a mindset of gratitude - Research shows that journaling for five minutes a day about what we are grateful for can enhance our long-term happiness by over 10%.⁴



Releasing your inner creativity - Just 20 minutes of colouring can minimise anxiety-related symptoms and combat negative mood.⁵



Being kind to yourself and others - Studies suggest that giving, receiving and even witnessing acts of kindness can release feel-good hormones.⁵ Just five acts of kindness a month can increase happiness.⁶



Establishing a self-care routine - Even small acts of self-care in daily life can have a big impact on our wellbeing. For example, improving your sleep quality is as beneficial to health and happiness as winning the lottery may be.⁹



Paying attention to the present - Just 40 days mindfulness meditation can help reduce depression symptoms and anxiety.⁷



How Kalms could help

Many people use herbal remedies to help them feel more like themselves again.

With over 40 years' experience, Kalms is dedicated to providing traditional herbal remedies used to relieve stress, mild anxiety and sleeplessness. Our range offers a choice of remedies that fit into your life. Whatever challenges life throws at you. You can make the most of it.



¹ Kalms Survey on 1,002 UK Respondents. Date on file. 2022.

² Kalms Survey on 1,002 UK Respondents. Date on file. 2022.

³ Kalms Survey on 1,002 UK Respondents. Date on file. 2022.

⁴ <https://positivepsychology.com/benefits-gratitude-research-questions/>

⁵ <https://www.dartmouth.edu/wellness/emotional/rakhealthfacts.pdf>

⁶ <http://sonjalyubomirsky.com/files/2019/04/Chancellor-Margolis-Bao-Lyubomirsky-2018.pdf>

⁷ <https://www.nature.com/articles/s41598-019-47470-4>

⁸ <https://www.tandfonline.com/doi/abs/10.1080/07421656.2019.1645498>

⁹ https://warwick.ac.uk/newsandevents/pressreleases/better_sleep_feels/

Kalms Night and Kalms Night One-A-Night are traditional herbal medicinal products used for temporary relief of sleep disturbances. Based on traditional use only. Contain Valerian Root. Always read the label.

Kalms Day is a traditional herbal medicinal product used for the temporary relief of symptoms associated with stress. Exclusively based on traditional use only. Contains Valerian Root. Always read the label.

Kalms Lavender is a traditional herbal medicinal product used for the temporary relief of the symptoms of mild anxiety such as stress and nervousness. Based on traditional use only. Contains Lavender Oil. Always read the label.

Kalms Rhodiola is a traditional herbal medicinal product used for the temporary relief of symptoms associated with stress such as fatigue, exhaustion and mild anxiety. Exclusively based on traditional use only. Contains Rhodiola Root. Always read the label.

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