

Joy of Living Well

Kim-Dung Mai

Nurse supervisor and Yoga enthusiast



As a Night Nurse Supervisor, Kim Mai works long hours in an often-stressful environment – yet she maintains a sense of calm and inner peace. Practicing yoga helps her fend off stress and find balance in her work and family life. The mother of three is also a college student and is working toward earning her Master of Science in Nursing Administration degree with tuition reimbursement from Baylor Scott & White Health.

“I’m grateful to Baylor for generously supporting my academic journey and providing flexibility to pursue my passions,” Kim says. “As healthcare workers, we are so focused on meeting the needs of others that we often lose ourselves. It’s important to care for yourself and do what makes you happy.”

Kim loves yoga because it teaches patience and self-acceptance, releases tension, and helps her deal with stressful situations. Kim struggled with depression after the birth of her third child, and yoga

helped her return to a healthier state of mind.

“I gained a lot of unhealthy weight and was going through a dark period at that time. Yoga gave me clarity and taught me to be kind to myself,” Kim says. “I love being a wife, a nurse, and a mom to my three kids, but it is not always easy. Yoga reminds me that it’s okay to have limitations. I bend so I don’t break, and knowing my boundaries is a powerful tool.”

Kim makes time to practice yoga and self-reflection every morning. Doing so helps her remain calm throughout the day. She credits yoga with helping her manage during COVID, when she was put in charge of the testing and vaccination efforts at Baylor Scott & White All Saints Medical Center in Fort Worth. She worked from 6:30 a.m. until as late as 11 p.m., for months. Her team of about 200 Baylor Scott & White staff members and Texas Christian University volunteers vaccinated up to 2,500 patients per event. The Covid Vaccination project lasted for six months—and the covid testing project lasted for over two years. While it was the most stressful time in her career, it was also the most rewarding.

“It was an intense project, but it brought me so much joy seeing the lives we touched. Many patients cried tears of joy when we gave them the shot,” Kim says. “Yet, throughout that time, my body and mind were in their healthiest state. People would come up and ask me where I get all this energy. My answer was very simple. Exercise and eat healthy. I was even more diligent in caring for my body during that time. I didn’t want to get sick because I knew the team was counting on me to lead them, and our patients needed us. I treat my body as if it was a machine and

only eat food that is clean and easy to process. I avoid any food that would cause inflammation or make my brain foggy.”

Yoga helps Kim find peace even in the midst of chaos. By focusing on the present, thinking only about her breath, her body, and the pose she is practicing, she is able to quiet the noise and stress around her. Yoga poses also relieve tension in the body, which can ease tension in the mind as well.

“Self-care and self-love are the keys to happiness and taking care of others,” Kim says. “Our family and patients depend on us to care for them, so we must first care for ourselves.”

“In terms of wellbeing and positive living, we must be intentional and disciplined,” he says. “Practicing regularly and improving takes time, and it may not be second nature. It has to be an act of mindfulness. With everything we do, we have to be mindful of what we are doing – it is the only way to improve.”