



5 Ways Calm Can Support Your Mental Health

Wherever you are in your mental health journey, you have resources within the Calm app to help you build resilience, sleep better, and cope with change. Here are five ways you can use Calm to support your mental well-being.

1 Set anxiety aside for a better night's sleep

Nearly two thirds of Americans don't get enough healthy, high-quality sleep (1), with 60% reporting sleep disturbances, such as trouble falling asleep or restless sleep. Getting better sleep can make an enormous impact on your mental health—and your work performance.

TRY THIS: Slow down racing thoughts before bedtime for a better night's sleep. Have a relaxing [Sleep Story](#) read to you by celebrities like Mandy Moore or Idris Elba, designed for you to drift off mid-story.



(1) "2018 Sleep Prioritization and Personal Effectiveness", National Sleep Foundation

2 Care for your body through exercise and movement

Taking a walk or doing some simple stretches at your desk can energize our minds. Even just a few minutes of taking care of stiffness and pain can be a refreshing reset in the middle of a busy week.

TRY THIS: Use [Calm Body](#) short guided sessions to tuck small moments of movement into your day, like a morning wake-up stretch or a mid-afternoon back exercise.

3 Focus on the present moment through meditation

Our attention is one of the most powerful tools we have, but with interruptions occurring about every twelve minutes in the workplace (2), our attention is also scattered. Meditation is one way to focus attention on the present moment.

TRY THIS: Get started with meditation using [7 Days of Calm](#). It's an easy introduction to practicing mindfulness based on your current needs, whether that may be calming anxiety or coping with change in life.

4 Make time every day for gratitude

There is strong, medical proof of the direct connection between gratitude and well-being (3). Yet many of us find it difficult to set time aside to reflect on what we're thankful for.

TRY THIS: Get inspired to reflect on what's most meaningful in your life in Calm's [Masterclass on Gratitude](#), hosted by mindfulness expert Tamara Levitt. You'll explore barriers to gratitude and learn tools for overcoming them.

5 Strengthen your most important connections

When was the last time you took a moment to appreciate your community around you? Studies link good support systems to better long-term health (4), and it's no wonder why: When we're truly supported, it's easier to live a mentally healthy life.

TRY THIS: Use Calm's series of [meditations on relationships](#) to reflect on your connections with others.

(2) "Constant, Constant, Multi-tasking Crazy": Managing Multiple Working Spheres, 2004

(3) "Giving thanks can make you happier", Harvard Health Publishing, 2021

(4) "Connect With Others", Mental Health America

Activate your free Calm Premium account

Great news! You have free access to the Calm app through your employer. For details on how to access your Calm subscription, get in touch with your benefits administrator or contact Calm customer support [here](#) for assistance. To use Calm, you can use your computer's [web browser](#), or download the Calm app on [iOS](#) or [Android](#).

