

Calm For Work

Unique workday content designed to support your well-being and productivity

Calm's refreshed *For Work* collection helps individuals and teams better navigate challenges originating from the workplace, through confidence-building sessions, guided reset breaks, and focus-promoting music.

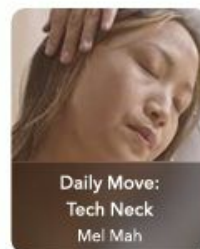
Organized across 13 relevant categories, it's easy to integrate these stress reducing tools - ranging from 60 seconds to 10 minutes - into your daily routine. For example, you can use Calm to help you:

- Develop a positive mindset throughout the day
- Manage overwhelm during tough situations
- Reset with breathing and movement exercises
- Practice work life balance techniques



Scan this QR code to redeem your subscription:

Calm For Work Collection



Calm improves mental health in the workplace

Calm partnered with a large retailer to evaluate its impact on mental health and productivity among its employees in an 8 week randomized controlled trial.

↓ 25%

Decrease in depressive symptoms

↓ 24%

Decrease in anxiety symptoms

↓ 21%

Decrease in insomnia symptoms