



Calm is an online audio-based tool to improve sleep and decrease stress.

Where to start

- Sign up at kp.org/selfcareapps
- After you sign into the app, you will see the **Home** screen. Tap on the **Mountain icon** in the top left corner to choose a background scene and sound that you like best.
- Go to the **Meditate screen**. At the top scroll to the right and find **Beginners**. There you can find the series: **7 Days of Calm**. You can choose the narrator based on your preference once you start a meditation.

HOW TO GET THE MOST BENEFIT

- Practice makes progress, like anything it takes time to get value from this tool.
- **Set a realistic goal for yourself.** For example, try to sign in 2-3x per week for 2 weeks.
- **Choose a specific time in the day to dedicate 5-10 minutes to complete a meditation**, like after lunch.
- **Feel like you don't have time?** You can listen to **Music** or **Masterclass** while you do other tasks like eating or taking a walk.

Content in Calm

Meditation

Sleep

- 7 Days of Sleep
- Deep Sleep
- Gently Back to Sleep
- Also go to **Sleep menu**

Anxiety

- Calming Flight Anxiety
- Anxiety Release
- 7 Days of Calming Anxiety
- Mindful Walking
- Emergency Calm

Stress

- Daily Calm under "Home"
- Untangling Physical Pain
- 21 Days of Calm
- 7 Days of Managing Stress
- Body Scan
- Forgiveness
- Emergency Calm

Sleep

- Sleep stories
- Music
- Soundscapes

Music

Sound to help you relax, focus

More / The Spark

Brief 10 minute interviews on specific subjects: Permission to Grieve Embracing Fear On Loneliness

More / Breathing Exercises

An animated bubble to guide deep breathing

More / Calm Kids

Content for kids

More / Calm Masterclass

Educational series from experts on topics: Self-Compassion Better Sleep Conscious Parenting Breaking Bad Habits Mindful Eating Rethinking Depression Gratitude Social Media and Screen Addiction

More / Calm Body

Mindful movement exercises and stretching

Focus

- Staying on Track
- 7 Days of Focus
- Deep Concentration
- Commuting
- Returning to Now
- Mindfulness at Work
- Focus Music under "Music"

Emotions

- Easing Depression
- 7 days of Happiness
- 7 days of Gratitude
- 7 days of Self-Esteem
- Forgiveness
- Emotions Series
- Breaking Habits Series

Relationships

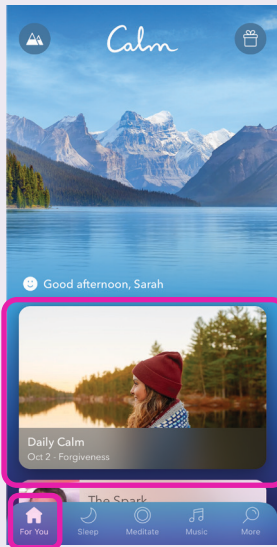
- Loving-Kindness
- Forgiveness
- Relationships with Self
- Relationship with Others
- Non-Judgment

Also available in:

- ES Spanish, French, German, Korean, Portuguese

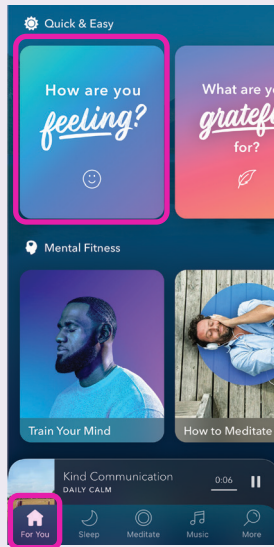
Data use

- Content is downloadable for use offline



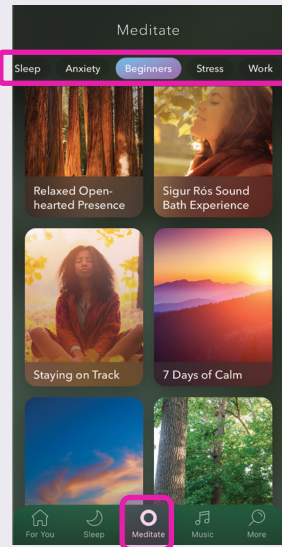
Home screen

Daily Calm is a new meditation every day. A great place to start.



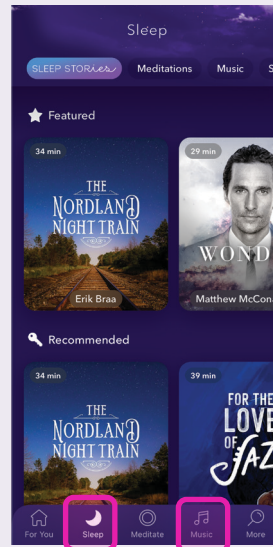
Recommendations based on how you are feeling

When you scroll down in the home screen, you will find the **How are you feeling?** Answer the questions and try out a recommendation



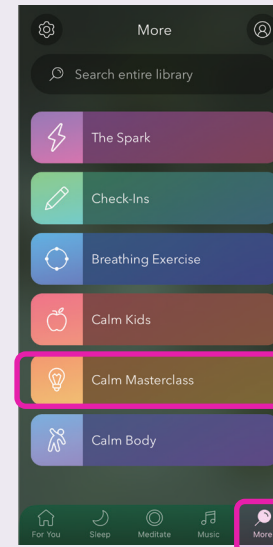
Beginners meditations

Go to **Meditate**. Up at the top you can swipe left and right to see more categories. Start in the **Beginners** category.



Sleep & Music

The **Sleep** library contains Sleep Stories with a variety of different narrators. The **Music** library contains sounds to help you relax and even music to help you focus.



Learn more in Masterclass

If you want to get a deeper understanding on different topics like Parenting, Depression, Mindful Eating from various experts, go to **More** in the menu, and find **Calm Masterclass**.