



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

How to get the most benefits

- **Practice makes progress.** Like anything else, 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.

Sign up at kp.org/calm



Content in Calm

Meditation

Sleep

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

Anxiety

Calming FlightAnxiety
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

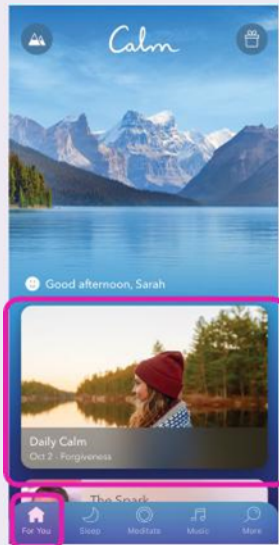
Loving-Kindness
Forgiveness
Relationships with Self
Relationship with Others
Non-Judgment

Also available in:

Spanish, French, German, Korean, Japanese, Portuguese, and more

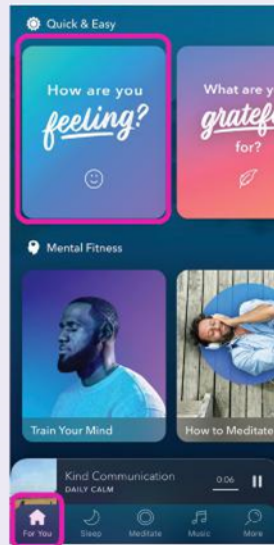
Data use:

Content is downloadable for use offline



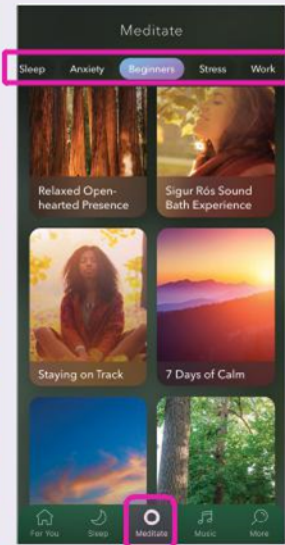
Home screen

Home is where you can find **Daily Calm**. It is a new meditation everyday, which is a great place to start.



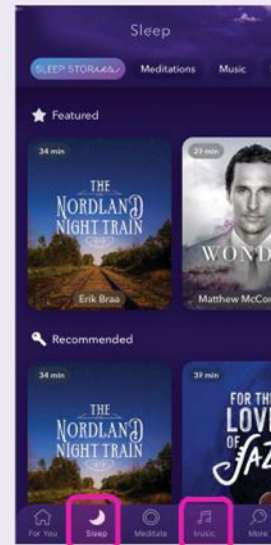
Recommendations based on feelings

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

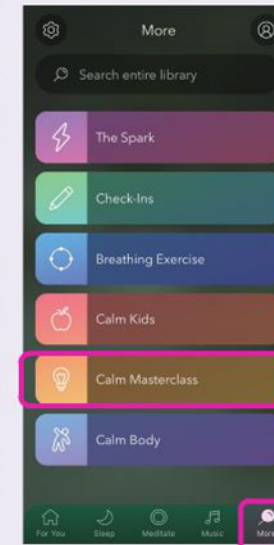
Go to **Meditate**. Up at the top you can swipe left and right to see more categories. Start in the **Beginners** category.



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**.