

When you're ready to give Calm a try, activate your no-cost subscription when the time is right for you.

1. Download and open the Calm app or scan the appropriate QR code →
2. Create an account with a personal email address and go to **Profile > Settings > Link Organization Subscription**.
3. Enter **NYSUT Member Benefits** as your organization.
4. Enter your NYSUT ID Number and click 'Submit' to activate your free subscription.

Need Help?

Reach out to NYSUT Member Benefits (800-626-8101) or email calmbusinesshelp@calm.com.

Apple



Android



Agenda

01 Meditation

02 Building a mindfulness habit

03 Calm content

04 App tour

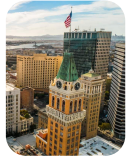
05 Q&A



Introduction

Meredith McRae

Director, Customer Success



Located in Oakland, CA.



Favorite part of the Calm App is sharing it with friends and family!



My Calm Story:

Using Calm to bring balance to my everyday life as I navigate being a new-mom, transitioning back to work expectations and caring for myself in this new chapter.





Let's start with a
mindful meditation



**INCREASED
STRENGTH OR
SKILL LEVEL**

**ABILITY TO
PERFORM AT A
HIGHER LEVEL**

Thinking of our minds
like a muscle



**INCREASED
PSYCHOLOGICAL
FORTITUDE**

**INCREASED
STRESS
RESPONSE**

A variety of tools and formats – available anytime, anywhere

Available in 190+ countries • 7 languages: English, Spanish, French, German, Portuguese, Korean & Japanese • New content daily



Breathe • Meditations • Sleep Stories • Music • Work Life • Wisdom • Movement • Dailies



Add up to 5 dependents

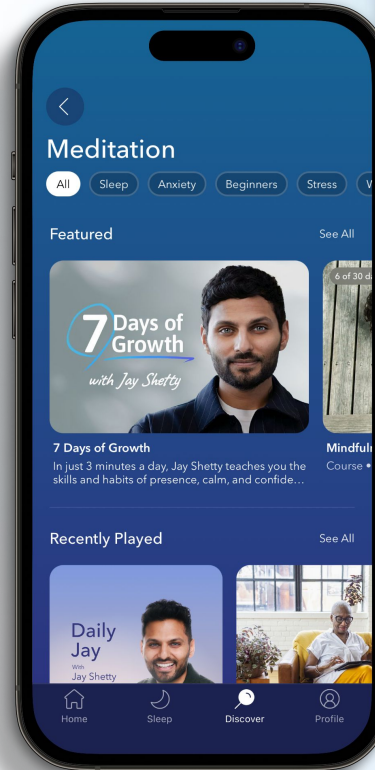
Your Calm app subscription can be shared with up to 5 family members or friends! Once shared, they will each have their own profile and account login.

- Invite your family members or friends over the age of 16 to benefit from Calm with the instructions linked below:
 - Visit: <http://cal.mn/dependents>

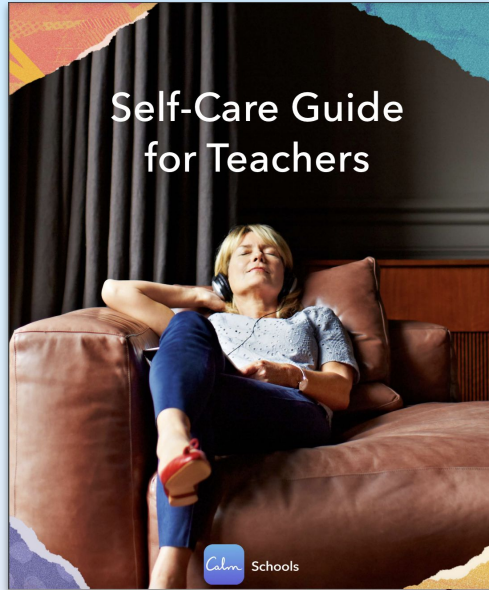


"It allows me to re-center myself to be in the present. The Calm app provides for me exercises that I can do on the spot to address overwhelming emotions. I've used the app on my commute on the train and with my little one to settle his emotions. This subscription has allowed me to share with my family members to balance their own emotions."

NYSUT Member



Self-Care for Teachers



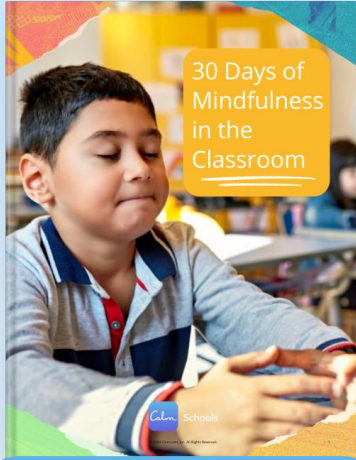
Self-Care Guide for Teachers

Taking care of yourself is crucial, especially as an educator, because your well-being directly impacts your ability to inspire, support, and nurture the growth and development of the children and young adults you influence every day.

This guide includes:

- Mindfulness practices
- Self-care routines
- Sleep support
- Healthy habit formation

Mindfulness Curriculum for Students



K-5 Curriculum



6-12 Curriculum

Calm has designed a 30 Days of Mindfulness in the Classroom curriculum to fit into state education standards to teach Social Emotional Learning emotional regulation tools.

This program includes:

- Age segmentation to provide developmentally appropriate content for classrooms: K-2, 3-5, 6-12
- Introductions and reflection questions to build on content shared



APP OVERVIEW

The Daily Series

Our four most popular narrators release new content every single day, helping to develop your meditation practice and build healthy habits.



"I listen to the daily meditations every morning before work. It helps me maintain balance and starts my day off right. I also enjoy the one-liners sent throughout the day. It helps me keep perspective."

NYSUT Member



Daily Calm

An original, inspiring meditation every day with Tamara Levitt



Daily Trip

A fresh, daily meditation adventure with Jeff Warren



Daily Move

A daily stretching practice for everyone with Mel Mah



Daily Jay

A daily piece of wisdom to inspire you with Jay Shetty



APP OVERVIEW

Music & Soundscapes

Calm has hundreds of hours of exclusive music tracks engineered and to help you focus during the day, relax or sleep. Calm Music includes original compositions, piano covers, unique collaborations, nature sounds, white noise, and more.

Popular artists:

Keith Urban
Sabrina Carpenter
Kygo
Kehlani
Alanis Morissette

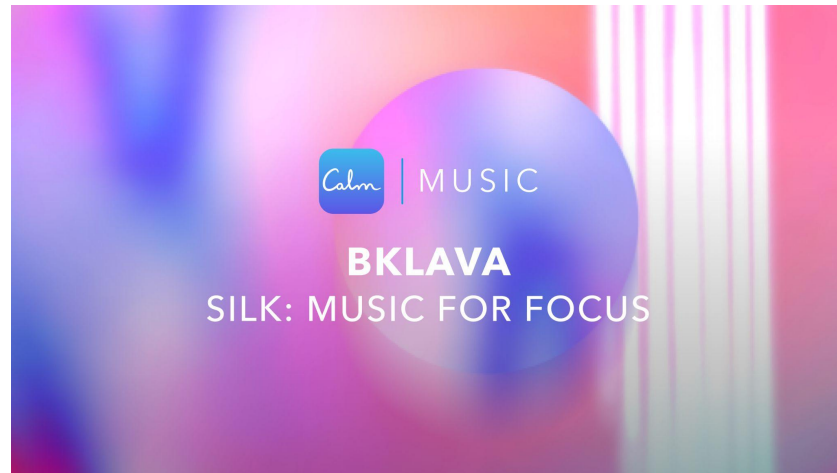
Popular soundscapes:

Baby Shush
Campfire
Evening Crickets
Heavy Rain
Ocean Waves



"I use calm every night to decompress and fall asleep to soothing music. The timer is a great feature for this. I appreciate this app and this benefit!"

NYSUT Member



Motion (Binaural Beats)
SILK: MUSIC FOR FOCUS



Adrift (Creative Flow State)
SILK: MUSIC FOR FOCUS



Parallels (Task Switching)
SILK: MUSIC FOR FOCUS



APP OVERVIEW

Sleep

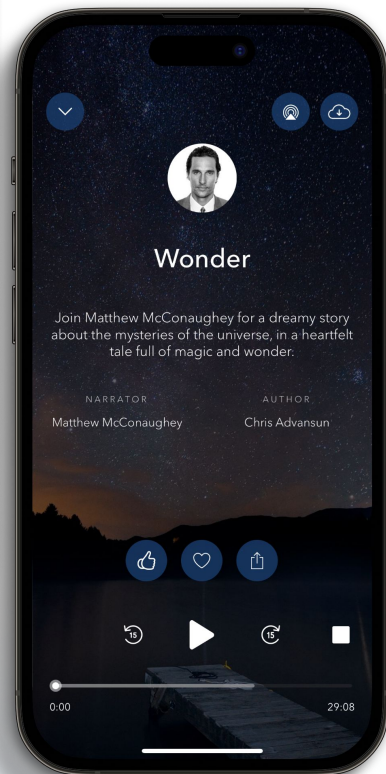
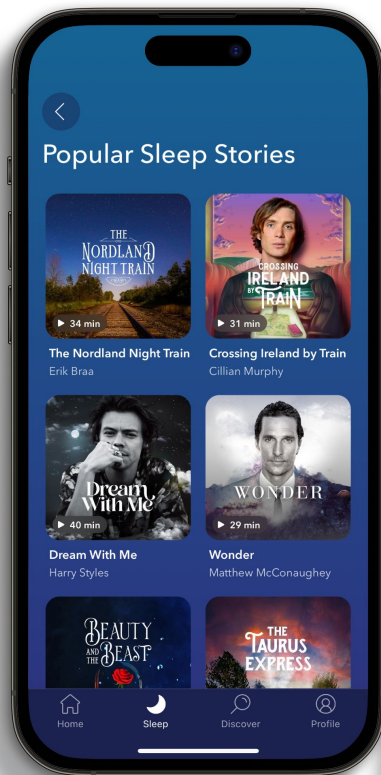
Sleep stories are adult bedtime stories to help settle the busy mind and unwind into a deep sleep. Sleep meditations, music, and soundscapes offer additional tools to help get a great night's sleep.

People who averaged 6 hours or less of sleep per night were about 2.5 times more likely to have frequent mental distress



"Use this app literally every night as part of a healthy sleep routine. My favorite benefit offered through NYSUT. Indispensable!"

NYSUT Member





APP OVERVIEW

Meditations

In Calm, there are both guided and unguided meditations for users of all levels. Meditation sessions range in length from 60 seconds to 60 minutes and you can filter by topic, narrator, and length

Meditation topics include:



Managing Emotions



Building Resilience



Sleep



Focus



Stress & Anxiety

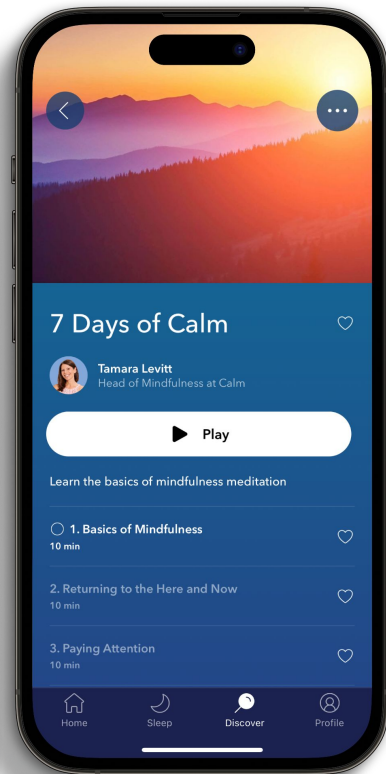
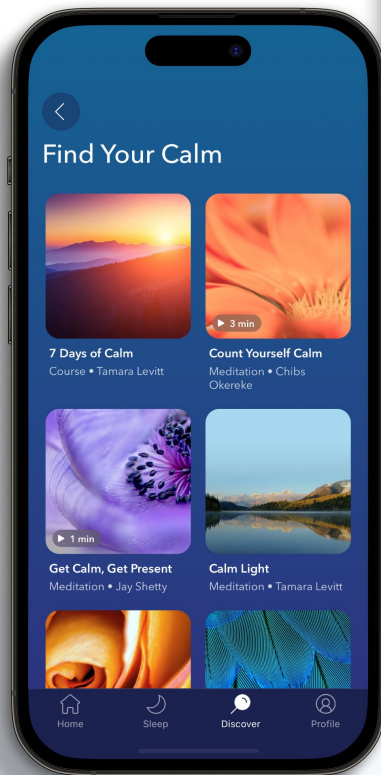


Relationships



"It has had such a positive impact on my well being. The guided meditations are wonderful! This is the longest amount of time I have stuck with mediation. The guides are amazing!"

NYSUT Member





APP OVERVIEW

Wisdom

Calm Masterclasses are educational, inspirational, audio programs taught by world-renowned experts.

Motivate Yourself:

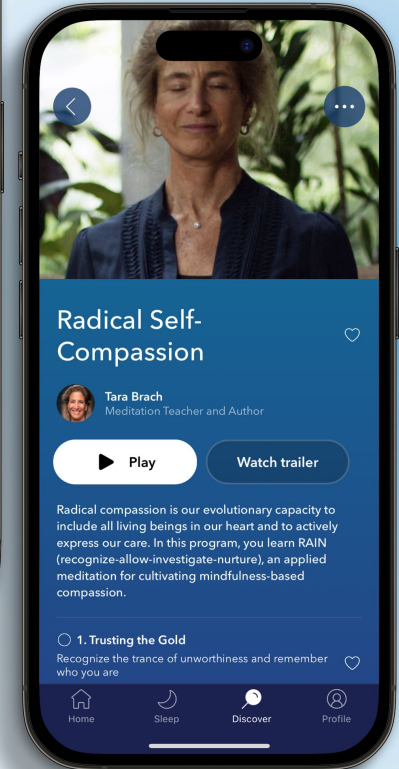
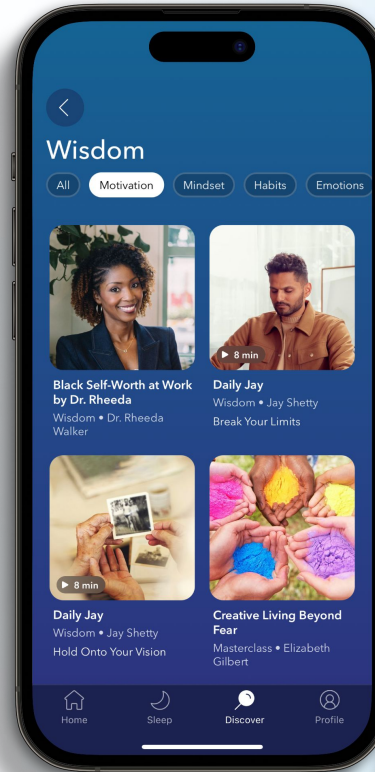
- Living with Intention with Matthew McConaughey
- Breathe Into It with Shawn Mendes
- The 4 Pillars of Health

Create Healthy Habits:

- Breaking Bad Habits with Dr. Judson Brewer
- Discovering Happiness with Shawn Achor
- Make Healthy Habits Stick with Michelle Segar

Strengthen Your Relationships:

- How to Really Listen with Kate Murphy
- On Vulnerability with Jason Rogers
- Radical Self-Compassion with Tara Brach





APP OVERVIEW

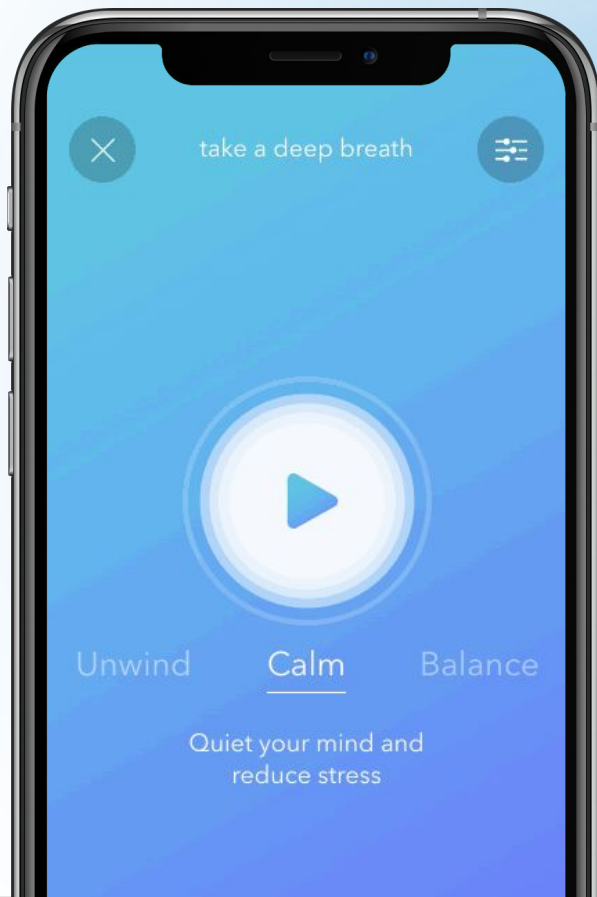
Breathe Bubble

The Calm Breathe Bubble is a simple breathing exercise designed to settle your nerves and help you reconnect with your body.

“

“It is so incredibly helpful to have this resource to help me both personally and professionally. I use the sleep stories to help get to sleep more easily. I use the breathing exercises when I'm stressed, and I love the music selections while trying to focus or relax.”

NYSUT Member





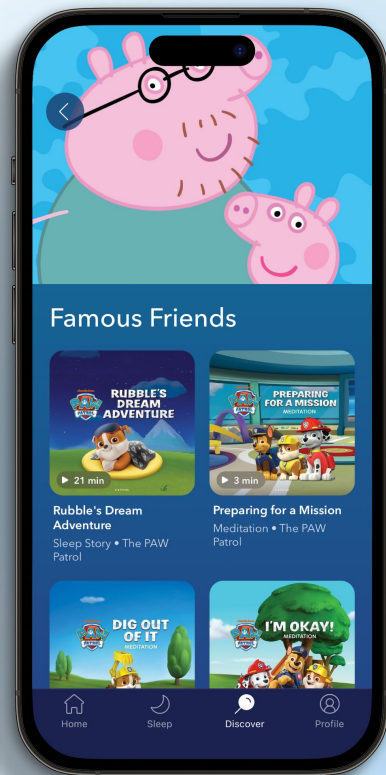
Original kids content with beloved characters and celebrity narrators.

- New weekly sleep stories, meditations, lullabies, soundscapes and music
- Novel characters like Peppa Pig, Kung Fu Panda, Thomas & Friends, & Minions
- 87% of parents felt that Calm was helpful for kids' sleep

87%

Of parents said Calm was helpful for kids' sleep

[Calm for Parents Blog](#)



A variety of topics and series to welcome users of all backgrounds

Parenting Mindfully Series • Black Mental Health • Pregnancy/Postpartum Series • LGBTQIA+ Mental Health



Specialized Mental Health Support

Headache & Migraine Release • Stress & Anxiety Tools • ADHD Support Series • Tinnitus Support



Mindful Connections & Elevating Relationships

Guided meditations for nurturing healthier connections with others

- Build community and connection mindfully by fostering compassion and curiosity
- Explore ways to navigate conflicts with empathy and resilience, fostering healthy relationships
- Cultivate meaningful bonds habitually; incorporate these relationship-building sessions into your routine



Meaningful Friendship



Love and Relationships



Dating Courageously



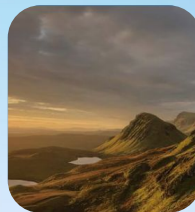
Grieving



Mind & Body

Nurture your body and mind with mindful activities

- Engage in a mindful approach to physical well-being
- Explore masterclasses for informed lifestyle choices
- Uplevel your existing physical health or fitness routine by incorporating mindfulness and breathwork into your routine



Mindful
Walk



A Mindful
Run



Breaking
Bad Habits



The 4 Pillars
of Health



Train Your
Mind



The Daily
Move

Check in with yourself

Positive habit formation is an effective measure to improve health and well-being.

Set a daily reminder in the Calm app. To do this, take the following path from the bottom menu in the app:

Profile > Settings  > Notifications > Reminders/Check-Ins



Habit Stacking with



While you do this:

Brush your teeth



Take a shower



Commute to work



Walk the dog



Make dinner



Run errands



Put the kids to bed



Get yourself ready for bed



Listen to this:

[Pause to Check-in](#) (2 min)

[Daily Calm, Daily Trip or Daily Jay](#) (7-10 min)

[Starting Off On the Right Foot](#) (4 min)

[Dog Walking, Playing](#)

[7 Days of Gratitude](#) (11-13 min/day)

[Calm Covers, Pop Piano](#) (10 song playlist)

[Paw Patrol Collection](#) or [Disney Collection](#) (Times vary)

[Better Sleep Masterclass](#) (~25 min)

Mindfulness for Beginners

Recommendations from Calm

BLOG ARTICLES



[What is Mindfulness Meditation?](#)

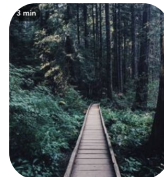


[How to Meditate](#)



[Meditation for Beginners](#)

IN-APP CONTENT



[Start Here](#)

Jeff Warren



[Mindfulness for Beginners](#)

Jeff Warren



[7 Days of Calm](#)

Tamara Levitt



A serene landscape featuring a calm lake in the foreground, reflecting the surrounding scenery. The middle ground is dominated by a dense forest of evergreen trees. In the background, majestic mountains with snow-capped peaks rise against a clear blue sky with a few wispy clouds. The overall atmosphere is peaceful and natural.

Let's take a tour of Calm!

Questions?

Ready to give Calm a try? Follow these steps:

1. Visit <https://www.calm.com/b2b/nysut-member-benefits/subscribe>.
2. Sign in to your Calm account; then enter your NYSUT ID Number and click 'Submit' to activate your free subscription.
3. Review the [Premium Calm App](#) page on the NYSUT Member Benefits site to learn more.

Need help?

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