

Calm



Calm Subscription from GWSD The world's #1 app for sleep, meditation and relaxation



Kids

Sleep

Music

Meditations

For Work

Wisdom

Movement

We've partnered with Calm to provide you with tools that can help you meditate, relax, focus, and improve sleep. Now more than ever, it's important that we continue to find ways to manage stress and stay strong in the face of uncertainty. Whether you have 30 seconds or 30 minutes every day, Calm's resources are designed to seamlessly integrate with your schedule and needs.

Your Calm subscription gives you unlimited access to their full library of resources at www.calm.com and in the Calm app.

Here's a sneak peek as to what you can expect:

- Calm's Masterclasses taught by world-renowned experts
- Guided breathing exercises such as the Breathe Bubble
- Music tracks designed to promote focus, relaxation, and sleep
- 100+ guided meditations that cover anxiety, stress, gratitude, and much more
- Brand new daily meditations and movement sessions as part of their Dailies series
- The entire library of Sleep Stories which contains soothing bedtime tales that's suitable for both grown-ups and children (new stories added every week!)

Follow the below instructions to redeem your Calm Premium subscription:

1. Download and open the Calm app
2. Create an account using the same email address at which you receive your paycheck stubs

*Keep in mind, this may NOT be your gwsd email address!

Navigate: Profile > Settings > Link Employer Subscription

3. Click on Redeem via Email
4. Enter your credentials to activate your free subscription. If at any point you're asked to enter your organization name, please enter **gunnisonschools**

If you already have an existing Calm account, go to your Settings > Link Employer Subscription and follow steps 3 and 4.

Once you've signed up, you can [add up to 5 people of your choice](#) (age 16 years or older) via the "Manage Subscription" page inside your Calm account at www.calm.com.

Need help? Reach out to the [Calm Support Team](#) with any questions.