Subject: Reduce your anxiety with Calm resources

Some occasional stress is a normal part of life, but when we experience high, prolonged stress, our nervous system gets stuck in “overdrive.” Our bodies and minds need time to recover after stressful experiences. We encourage you to try one of these mindfulness tools from Calm, our partner in mental well-being, to help ease feelings of stress and anxiety:

Here are some recommendations from Calm, our mental health partner, that you can do in anytime, anywhere:

[Anxiety Release](https://www.calm.com/program/KnHxHkKMmf)

* Whether you have 10, 20, or 30 minutes, try this guided meditation practice to release the mental and emotional energy of anxiety.

[Softening Anxiety](https://calm.onelink.me/314175158?af_dp=calm://session/hze0XDgzPC&af_web_dp=https://www.calm.com/player/hze0XDgzPC&c=&pid=)

* Lessen your anxiety and feel more centered by doing a few stretches in a seated position, all in 7 minutes.

[Calm Your Heart With Deeper Breaths](https://www.calm.com/player/_S2rPcb7eB)

* Use this 3-minute guided exercise to quickly calm down when experiencing panic or anxiety.

***Important Note:*** *If you’re experiencing chronic anxiety, please reach out to your Benefits contact/EAP liaison or your doctor for the appropriate medical resources and support.*

Sign up for your free CTA Calm subscription!  The Calm mobile app is available to all CTA members (active and retired) at no cost.  Log into [ctamemberbenefits.org/calm](https://www.ctamemberbenefits.org/calm) to register for your free subscription.