**Subject: Using Calm to find Balance**

Work-life balance is something we all hear about, but balance is subjective to your own definition. What works for some might not work for others and what has worked for you in the past might not work now. It’s also equally important to dive deeper and make sure we’re balanced in all areas of life. That’s why it’s crucial to consistently reflect if the balance is working for you.  Start finding your overall balance with Calm.

Check out the Calm app for other diverse resources that’ll support your mental health journey. Haven't redeemed your free CTA Calm Premium subscription yet? Visit [www.CTAMemberBenefits.org/calm](http://www.CTAMemberBenefits.org/calm) to sign up today!