



# Feeling overwhelmed?

Scan a QR code to take a deep breath



## Procrastination

4 minutes



## Breaking Habits Series

10-12 minutes/session



## Panic SOS

4minutesOR10 minutes



## Emotions Series

9-12 minutes/session



## Managing Overwhelm

5 minutes



## Radical Self-Care

8-11 minutes/session



## Staying On Track

7 minutes



## 7 Days of Focus

11-12 minutes/session

**Take a deep breath! Your day is about to get better!**

To access your free Calm content visit

[CTAMemberBenefits.org/Calm](https://CTAMemberBenefits.org/Calm) and click on the unique CTA link

If you have any questions please reach out to Member Benefits at 650-552-5200 or email us at [MemberBenefits@CTA.org](mailto:MemberBenefits@CTA.org)

