

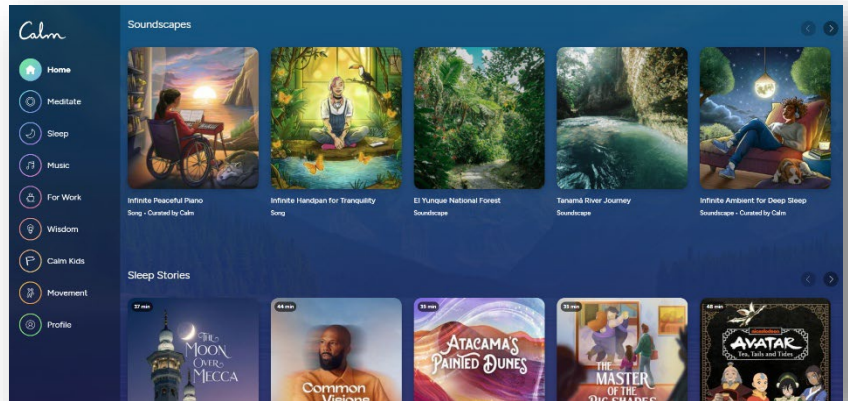


Find Your Calm

The Calm App benefit offered through the Iowa Extension Council Association

Feel Better, Sleep Better, Live Better—Every Day

Calm is an award-winning app designed to help you reduce stress, improve sleep, and build healthier mental habits—whether you have 2 minutes or 20. Calm can be accessed via mobile phone app or on your desktop via the web so you can use it at home, work, or on the go.



Key Features

Sleep Stories

- Relaxing bedtime stories narrated by soothing voices
- Designed to quiet the mind and help you fall asleep faster
- New stories added regularly

Music & Soundscapes

- Calming music for focus, relaxation, and sleep
- Nature sounds like rain, ocean waves, and forest ambience
- Perfect for background relaxation anytime

Mindfulness Tools

- Breathing exercises to instantly reduce stress
- Daily Calm sessions for consistent practice
- Gentle reminders to pause and reset

Guided Meditations

- Meditations for stress, anxiety, focus, and gratitude
- Sessions for beginners and experienced meditators alike
- Led by world-class mindfulness experts

Enrollment

Calm is an employee benefit program managed by the Iowa Extension Council Association that county extension councils can choose to offer to their employees. The enrollment year for the Calm app is from April 1 to March 30. The group open enrollment period will typically occur at the beginning of each calendar year (January - March).

Questions?

Contact Julie Baumler, jbaumler@iastate.edu