Are you bored in the house and stressed in the house and locked in the house and inside the house depressed?

Well, we have mindfulness applications with the advancement in technologies. Maintaining social distance, following lockdown, and meanwhile staying calm and relaxed and maintaining medical health is just a few steps away these days!

Taking counseling and mental training does not require any more traveling and hardship. Apart from the number of applications available for mindfulness activities, Calm is the number 1 application in the genre for sound-full nights of sleep, relaxation, stress-busting, and many more mental activities. With more than 2.20 million views, the application is a globally recommended mental health enhancer.

There are several virtual sessions training available from 3-minute audios to about 25 to 30-minute ones. Calm is a 5-star rated application with its accessibility in both Android and iOS with 7 to 21 day free trials for beginners.

How are you feeling?

Answer your mood with emojis to Calm and select the tags related to your daily experience. With every mood and relativity of surrounding with that, Calm has several tracks and audios for customized applications.

Like, if you are happy, with your family, friends, relationships, money, then there are tracks for loving-kindness, discovering happiness and 7-day training on happiness. And this is customizable for any other mood with any day.

Every day’s best training pops up on the home page with various sound mixes and blends!

As we move downwards, we have several pieces of training like the ones that are quick and easy having the time of max 5 minutes as we can see and helping with concentration, staying calm, having peaceful walking, and anxiety bursting

Mental fitness sessions are there too to train your mind, getting help in meditation, and accessing natural pleasures.

Having a sound full and peaceful sleep is just a click away with calm’s various sessions on sleep stories and sounds.

Meditation, music, latest sparks with new releases, daily calming activities, everything is perfect with Calm.

Sleep sounds are there from kids to adults, from workaholics to freelancers, anyone having sleepless nights and tiring days. From natural sounds, a night of peaceful sleep is ensured just in minutes with the support of Calm!

The meditation feature in Calm provides various sessions to get perfect training and focus on meditating. A range of sessions with expert counselors and mental health insurers enhances the application’s usability. Meditations are available for everyone including the beginners, and anyone with any issues be it the lack of focus and emotions, personal growth, and are even there for kids with various animations and attractions.