

CalmNest - "Welcome to CalmNest! A cozy space for your mind."

User Id

Password

Believe in yourself, and you'll be unstoppable.

Slow down and enjoy the moment you're in.

You are stronger than you think.

"Peace begins with a smile." – Mother Teresa

Dream big, start small, but most of all, start.

Your only limit is your mind.

Mood Tracker

You are stronger than you think.

Every day is a chance to begin again.

Relaxation Activities

Inhale the future, exhale the past.

Relax, recharge, and reflect. Sometimes it's okay to do nothing.

Dream big, start small, but most of all, start.

"The best way to predict the future is to create it." – Peter Drucker



How's Your Mood Today?



**Keep smiling! Your
happiness is contagious!**



Relaxation Activities



MindEase Hub

Guided Breathing

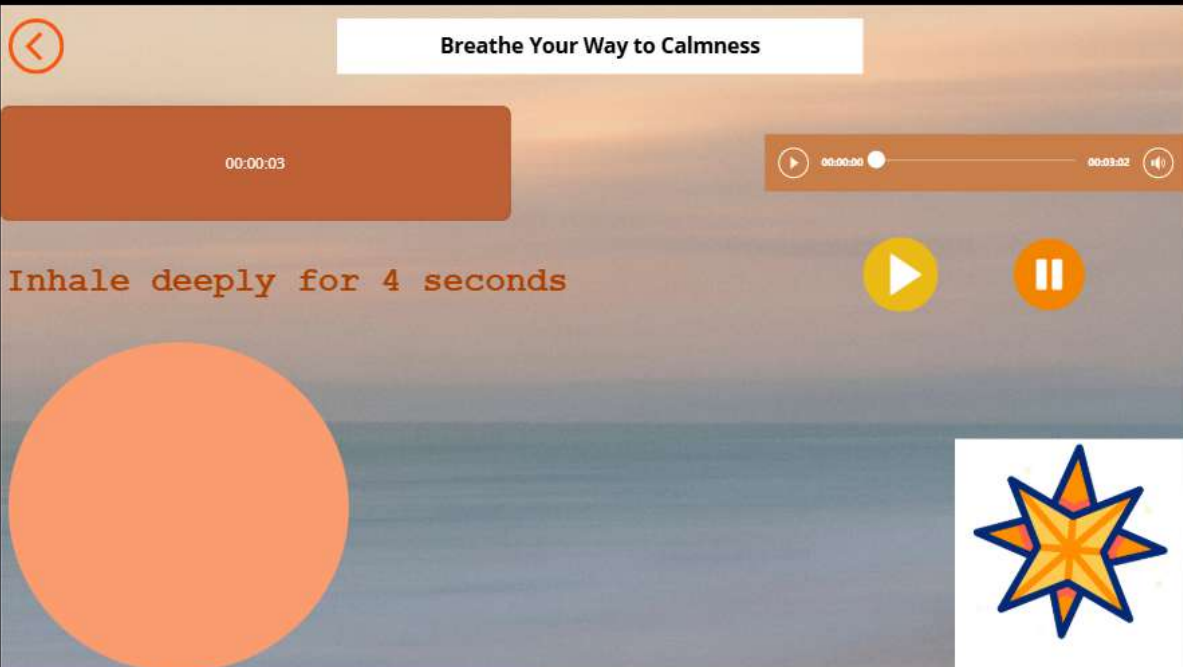
Reading book

Meditation Space

Drawing Pictures

Music for Relaxation







Relax with Books

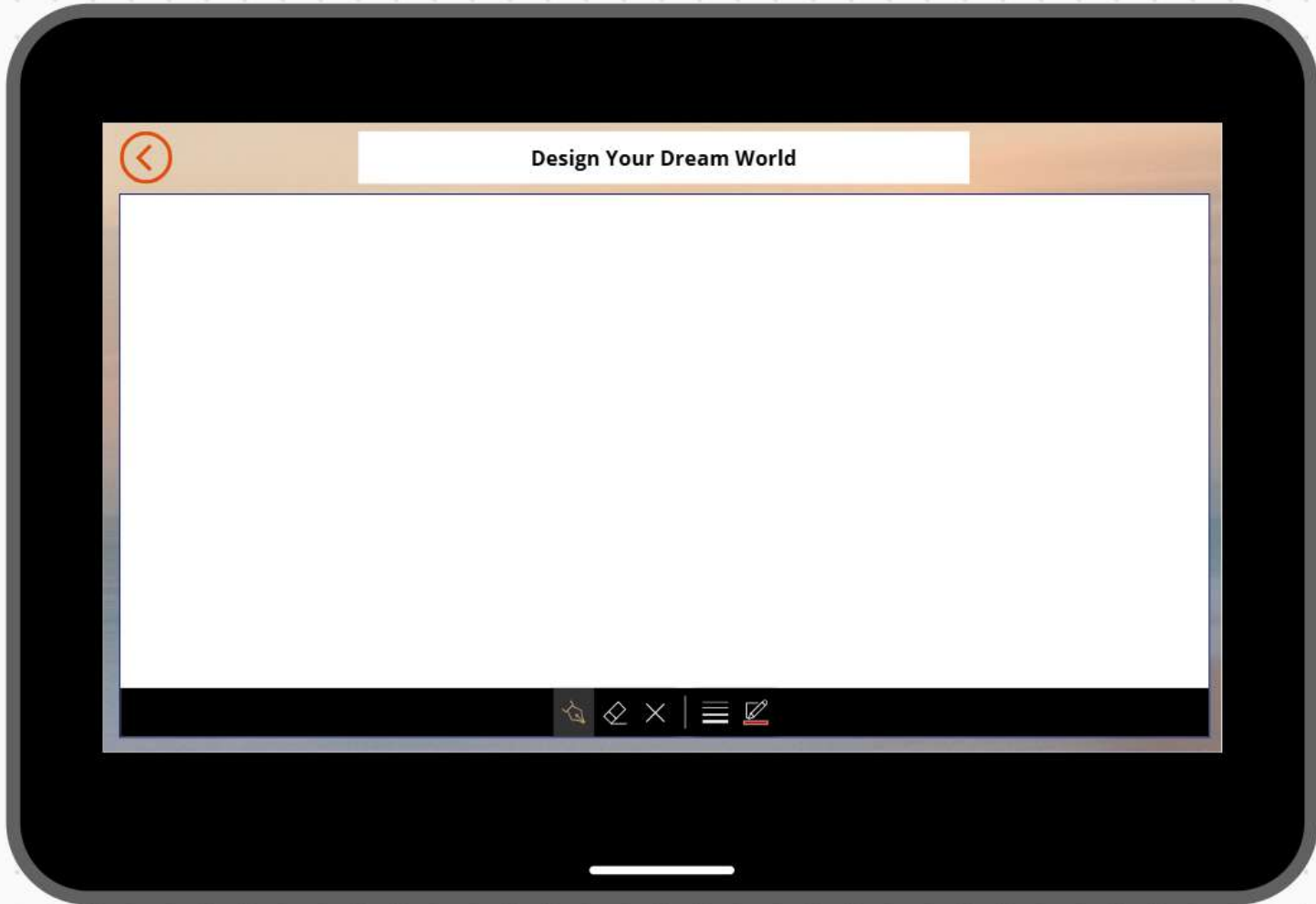




Guided Meditation

"Find a quiet space, sit comfortably, and focus on your breath as you follow this guided meditation."







Music for Relaxation



00:00:00



00:02:50



00:00:00



00:03:02



00:00:00



00:22:38



00:00:00



00:03:58

