**CALM APP RESOURCES**

Belongingness initiatives are important to us as we understand that employees can often face microaggressions, unconscious biases, lack of psychological safety, and more. All of which can impact their mental health and work performance.

We believe we have the duty to not only support our  workforce with culturally relevant mental health resources but also to educate the wider organization in being more cognizant of the role we play in each other’s work life. At the end of the day, we want to ensure we’re collectively creating a safe and welcoming environment for all where unique perspectives are valued and respected.

Calm, our mental health partner, has curated the following resources to help us further our goal of creating a culture of belonging at WCU.

[Kindness at Work](https://www.calm.com/player/EJyWQZ76V)

* This 11-minute session, led by Tamara Levitt, guides you through a kindness practice toward your colleagues and shares the impact of extending warmth toward every colleague you interact with.

[Mindful Leadership Series](https://www.calm.com/program/UfJqj5F7WV)

* [Cultivating a Learning Mindset](https://www.calm.com/player/D5gbNcp495)
* In this 8-minute session, led by Megan Reitz, you'll practice a comprehensive awareness exercise to help you develop your sense of curiosity in others.
* [Preparing to Listen](https://www.calm.com/player/6gHSCsORGb)
* In this 6-minute session, led by Megan Reitz, you'll learn to strengthen your listening skills so you can create a space that's safe for others to speak up.

[Meaningful Practices for Meaningful Friendships](https://www.calm.com/program/W8Yi4NNUEy)

In this guided meditation series led by Kate Johnson, a meditation teacher, and author, you’ll be able to find practical lessons to better support friendships and relationships—through jealousy, joy, and conflict—by starting with yourself. Check out the Calm app for more options that suit your daily needs. Haven't activated your free Calm Premium subscription yet?

Simply follow the instructions below to gain full access to Calm—the #1 app for mental fitness. Whether you have 30 seconds or 30 minutes, Calm’s diverse content library offers resources to suit your schedule and needs. Explore guided meditations and specialized music playlists to help with stress and focus, mindful movement video and audio, relaxing Sleep Stories, tailored content for children, wisdom-filled masterclasses led by experts, and much more.