



How much time do you allocate for self-care during the work week?

It can feel tough to make time when there's a lot of work to do. But when we don't then we're more likely to burn out. Calm has a [For Work Collection](#) that you can use during the workday. It contains a wide range of wellness tools that'll suit your unique needs and break time—whether you have 60 seconds or 10 minutes.

Try some resources below as you start your burnout prevention journey:

- [Settle Down by Single Tasking](#)
 - In this 6-minute meditation with Jay Shetty, he'll share with you a mindful breathing technique that you can use whenever you're feeling overwhelmed and need to refocus again.
- [Letting Go of the Day](#)
 - In this 6-minute guided meditation with Chibs Okereke, you'll learn how to transition mindfully from your workday to your personal time through a body scan.
- [The Power of Rest](#)
 - In this Masterclass session with Dr. Alex Pang, you'll learn actionable tips on how to avoid burnout and rest skillfully so you work less but get more done.
- [Mouse Shoulder](#)
 - In this 6-minute Daily Move session with Mel Mah, she'll guide you through upper body movements so you can relax the tensions in your shoulders from working all day.

Check out the Calm app for other diverse resources that'll support your mental health journey. Haven't redeemed your free Calm Premium subscription yet? Click [here](#) to learn more!

Join a [Calm App Webinar](#) to learn how to personalize your app experience or deep dive into monthly themed topics to enhance your mental health toolkit.