

Calm ...

The
Dyslexic
Dyslexia
Consultant

Calm... Mindfulness...Good Mental Health...

Calm, peace, and tranquillity is something that we all need!

We live in such a busy world, whether so much going on, especially at the moment where we are in back-to-back meetings was sat in our front rooms looking at a monitor, or via a lap top or even TV screens as monitors.

With very little movement, lots of uncertainty, plus the usual trials and tribulations of adult hood, we can all be forgiven for having minds that every now and then, or from time to time, or even most of the time – are more than a little bit busy in our current helter-skelter world.

One of the most useful apps I have come across has been the Calm App; this beautiful little blue square has come to represent *'me time'* or time to be still, at peace, or just in my own little world! Just look at that logo, even the lettering looks laid back and relaxed!



Meditation is not something that has come easy or does come easy to me, but it is something that I recommend most of my one-to-one's at least try once or twice. As dyslexics are minds are often so busy that we forget to just stop and breathe – this can actually be said for a lot of the human race, but, as I am dyslexic and a dyslexia consultant working with dyslexics on a daily basis, I'm writing this article from that viewpoint. I often heard from people that meditated how wonderful it was how life changing is, the health benefits lowering blood pressure using stress and generally making life better; but I never understood how that was at all possible, until I discovered the Calm App that is.

This amazing little app is jam-packed full of amazing goodness for the mind and soul. From breathing exercises to gentle physical morning wakeups, interviews with inspirational people, lessons on how to meditate to the amazing Take:90 quick meditation, the Calm App is on my highly recommended list. What prompted me to write this article today? Well I just had an initial one-to-one dyslexia session with a fabulous individual who I could see would benefit greatly from this app. On suggesting it to them, they revealed that they did indeed have it on their phone, but only used it for the sleep functions. They had looked at the meditation but weren't quite sure how or what to do, so left it.

So we gave it a go there and then - together we did the super quick 'Take:90' - and wow what an impact- after just ninety seconds the desired impact of calm, peace and tranquillity had been achieved! So, my advice to you, is to start small and build up from there. The app has a 30-day beginners guide - that one was a bit too long-haul for me, so when I started, I started with a couple of the '7 days of' options. I don't manage it every day, but I do enjoy it when I get to it.

This is something that I recommend to lots of people, some like it, others don't, some try it and others don't, some prefer the Headspace App, which is fine, it is all about finding what works for you. What I loved about the Calm App in the beginning was that it has a FREE level that you can access for as long as you like. I used that until I had trailed all the different bits that interested me, then I took advantage of the 7 day free trial; and once I knew this was an app that would bring great health benefits to my life, I opted to the annual subscription. I have never regretted doing so, it just keeps getting better and better, with great new positive features added and you can also access it on your computer too, not just your phone!

Whatever you do in life, remember to be kind to you, be gentle and treat yourself with respect, and remember that things like meditation, reading, exercise and relaxation are an amazing investment that pays huge dividends not only in the short term, but also the long term - invest in your mind - it really does make a world of difference!

Please note - I am not on commission, this is not an advertisement for Calm, it is just a heartfelt inspired want to share the love!