

# The Calm Cart

The department of Employee Wellness recognizes that employees occasionally need a space where they can go and decompress. While there are Oasis Rooms available for employees to use to escape for a moment, they may not always be easily accessible depending on the location of the department or the time that they have to allow themselves to step away. That is why we now offer the Calm Cart.

The Calm Cart contains various stress management tools for your team to utilize in a room/space that is currently unoccupied. The cart contains items that you would find in an Oasis Room, such as:

- Massage chair pad
- Battery operated candles
- CD player with calming music/sounds
- Adult coloring book and colored pencils
- Yoga mat
- Flyers with tips, information about the Employee Assistance Program, etc.
- Other various tools and items

The Calm Cart's purpose is to give employees a space to relax, breathe and rejuvenate for just a few moments. The cart should be placed in a room that does not have high activity in order to achieve the goal of de-stressing.

## Cart Availability

Carts are available at Akron Campus, Barberton Campus, and a portable Calm Cart is available for delivery to offsite locations.

## How to Request the Cart

Department Directors or Managers may reach out to [employeewellness@summahealth.org](mailto:employeewellness@summahealth.org) to request the cart for a given period of time. The cart will then be delivered to your department in a timely fashion.



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Take a moment  
and relax!

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