

2025 December



Make time for mental health

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|--|
| | 1 Anchor yourself against winter's storms with a reliably calming activity, like a favorite hobby or connecting with a loved one or pet. | 2 Free webinar: Holiday changes in routine can be stressful for your kids. Get some insight into teenagers' mental health. | 3 Don't let a challenging interaction spoil your day. Use this guided meditation to process the frustration. | 4 Caregivers can find moments for self-care by involving the person they're caring for in the self-care activity. | 5 Practice these key tips to communicate with loved ones who may have different opinions, lifestyles, and expectations. | 6 When your mind won't slow down, focus on your breath and a familiar object such as a pen or your jewelry to calm your thoughts. |
| 7 Find balance this holiday season with a life inventory. Read more. | 8 When you're juggling multiple demands, it's easy to feel scattered. Practice giving your full attention to the person or task in front of you. | 9 Build a "smile file"—save photos, compliments people have given you, funny memes, or links to your favorite videos. | 10 Pack extra peace of mind this holiday season with virtual physical and mental care that you can use from the comfort of home or while traveling. ¹ | 11 Give yourself compassion as you navigate the demands and joys of this season. It can be a lot to handle! | 12 If you feel your stress levels rise, take a moment to pause, breathe deeply, and stretch. | 13 Traditions are meaningful, but it's okay to adjust or create new ones that fit your current situation. |
| 14 Even small struggles are worthy of support. Reaching out early can keep things from getting worse. | 15 Free webinar: Burnout can happen in any area of life where you invest energy. Learn to recognize the signs. | 16 Consider limiting social media use during the holidays to avoid comparison and focus on being present. | 17 Sunshine can boost your mood. Take a moment to enjoy it and get outdoors as weather allows. | 18 Financial stress can ramp up during the holidays. Learn ways to cope. | 19 Self-care can be as simple as listening to a favorite playlist or wearing your favorite shirt. | 20 Loneliness doesn't always come from being alone. Try these ways to connect. |
| 21 Virtual urgent care through Doctor On Demand is available 24/7/365 for help treating 90% of all common ER complaints. ¹ | 22 Grief and loss can feel especially heavy during the holidays, but there are ways to manage it. Read more. | 23 Keep expectations realistic—the "perfect holiday" is a myth. Good enough really is enough. | 24 This season of giving, remember to give yourself time to rest and recharge. | 25 Being present for others starts with taking the time to be present for yourself. | 26 Make sure to build in time for yourself, especially during the busiest time of the year. Even a few minutes to center yourself can help. | 27 Free webinar: Identify, manage, and lessen stress with practical tips, and learn how to talk about stress with the people in your life. |
| 28 Therapists and mental health coaches specialize in many areas, including stress. | 29 Think you don't have time for self-care? Try one of these super quick tips! | 30 Video tip: Start the new year by unraveling the self-limiting thoughts holding you back. | 31 Looking to make some changes? Try this worksheet to get out of your rut. | | | |

¹Available in most medical plans. Saver Plan participants must meet their deductible before virtual primary, urgent, and mental health care, virtual physical therapy, and at-home lab work are available at no cost to them.

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