

# 2025 December

Make time for mental health



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

<sup>1</sup> Available 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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**See a provider.**



Get no-cost support from mental health professionals or explore self-care resources anytime, anywhere, to help you feel your best.  
**Start today.**



Be heard, helped, and uplifted 24/7 by chatting with real peers who can relate. Find support in 100% anonymous, moderated live group chats in English and Spanish. **Chat now.**