

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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