2026 December Wrap up your year

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Wrap up your year strong by treating every slip-up as practice, **not a deal-breaker**.	2 Celebrate your body this season! Treating health as a flexible practice can help you **enjoy holiday meals** guilt-free.	3 Save 10% on eligible holiday gifts, essentials, and everything in between with the Associate Discount Card.[1]	4 Reframe your social anxiety, so you can **enjoy connection** this holiday season.	5 Fitting **small bursts** of movement into your day can help your physical, mental, and emotional well-being.
6 Don't forget to **register** your Associate Discount Card for savings when shopping at **Walmart.com** or when using the mobile app.[1]	7 **Speaking your needs** can feel urgent, but intention and mindfulness can help conversations stay on track.	8 Prioritize rest over holiday hustle by setting a firm bedtime boundary so you can recharge.	9 Check your credit score for free in the OnePay app to track your financial progress.[2]	10 Conquer deadlines by breaking projects into small action steps and taking one step at a time.	11 Taking regular 5-minute micro-breaks can help you recharge.	12 Walmart+ with Sam's Club Plus: two memberships, one price, and a lot more holiday value.[3]
13 What's hard for you but easy for your friend? Letting them help you might let them shine. Win-win!	14 If your usual exercise routine won't fit the holiday season, be flexible! Movement doesn't need to be perfect to count.	15 Beat holiday **spending stress** by focusing on what you can control: set clear boundaries, track expenses, and practice mindfulness.	16 Close the gap between knowing and doing to fuel lasting personal achievements. **Watch or listen** now.	17 Need to wake up at a certain time? Count back in 90-minute sleep cycles to find a bedtime that helps you wake up feeling more **refreshed**.	18 With your Associate Discount Card, you can **enjoy discounts** while using Walmart Pay and Scan and Go purchases for Walmart+ members.[1]	19 You can access **confidential mental health support** 24/7 through Lyra.
20 Set a "doable default." Pick a version of your healthy habit to do on the hardest days.	21 Get paid up to three days early with direct deposit into a OnePay Cash account.[2] **Enroll**.	22 If your thoughts are racing, try touching a physical object, such as a pen or soft shirt, to help anchor you.	23 Celebrate your health wins to activate your mental reward system and make it easier to keep going.	24 Customize and track your financial goals in the OnePay app, whether you're working toward something fun or saving for a rainy day.[2]	25 **Protect your peace** with loved ones by stating your needs clearly, listening actively, and stepping away when you need a pause.	26 Feeling stiff after a long car ride? Remember to stretch!
27 Schedule time to review your autopay expenses. You might find services you no longer use.	28 If the **winter blues** show up, consider ways to add some shine back into your days.	29 Adding healthy foods can be easier than removing unhealthy foods. Use your **Associate Discount Card** to get 10% off fresh produce![1]	30 **Builder Card** can help you build credit with everyday purchases—no interest and no monthly fees.[2]	31 Not sure where to start? Help Now resource specialists can connect you with the right benefits. Call **1-855-445-7669**.		

Mind Body Wallet Webinar

1 For Walmart and Sam's Club campus and Walmart frontline management and hourly associates, the Associate Discount Card activates on your 91st day of continuous employment with Walmart. To access online discounts, you must register your card at **Walmart.com/Wallet/Associate-Discount**

2 Eligibility rules apply. OnePay is a financial technology company, not a bank. Banking services provided by Coastal Community Bank or Lead Bank, Members FDIC. Instapay and free instant deposits are available in most states if your employer has enabled this benefit. Instapay is unavailable to associates in New York and Puerto Rico, truck drivers, and executives. You can view available options in your app.

3 Frontline facility management and hourly associates are eligible for the no-cost Walmart+ and Sam's Club Plus membership.

4 Eligibility rules apply. Find eligibility details at **One.Walmart.com/BenefitsBook**

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Scan the QR code or visit **One.Walmart.com/Wellbeing** to explore these tips and more.

Support for your mind, body, and wallet

Featured vendors:

fresh tri
Weight loss through brain science. **Learn more**.

lyra
No-cost support from mental health professionals and self-care resources any time, anywhere. **Connect**.

OnePay
Get support to better manage your money.[2] **Try it out**.

Supportiv
Relate to real peers with anonymous, moderated live group chats in English and Spanish. **Chat now**.

Find everyday savings with your Walmart and Sam's Club benefits.[4] **Save today**.

Final edition
This is the final tips calendar. Scan the QR code to continue championing well-being in your workplace with new ready-to-use resources.