


2026 May Keep an eye on your well-being



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 To quit nicotine successfully, prepare practical strategies to manage withdrawal symptoms.	2 Spring is the perfect time to tidy up your financial goals. Talk with a Merrill financial specialist today.
3 Find mindfulness moments : savor your coffee, feel your feet walk, pause and breathe.	4 Taking movement microbreaks throughout the day can keep skeletal muscle fatigue at bay.	5 Debt doesn't define your financial future. Stay motivated with a payoff plan.	6 You and eligible family members can access confidential therapy , coaching, and crisis support.	7 Staying hydrated helps maintain proper eye moisture and comfort.	8 (()) Learn about your money mindset during Merrill's 30-minute interactive webinar .	9 Check on your mental well-being by slowing down and identifying each feeling.
10 Support your " rest and digest " system for better sleep by creating a peaceful bedtime routine.	11 If budget spreadsheets aren't for you, try using a single debit or credit card that will track your expenses.	12 Grief is a universal experience. Learn how you can show compassion during a coworker's hardest time.	13 Eating foods high in vitamin A may lower risks of cataracts and macular degeneration.	14 Beware of debt relief agencies that charge fees. Choose a certified or licensed credit counselor .	15 Anxiety can make us believe the worst. Here's how to find a more helpful perspective .	16 Breathing deeply for two minutes can lower your cortisol, steady your heart rate, and sharpen sustained attention.
17 Video tip : Learn how to negotiate your interest rate or set up a payment plan with creditors.	18 How you think shapes your reality. Learn how to combat unhelpful thinking styles.	19 A movement microbreak can offer large returns : less tension, fewer headaches, and improved mood.	20 (()) Retirement isn't just about finances. Focus on what matters in Merrill's Retirement Minute series.	21 Some prefer alternatives to traditional journaling, such as a photo diary, voice memos, or daily doodles.	22 Did you know? Your eyes can get sunburned! Protect your eyes with sunglasses, hats, or umbrellas.	23 Using your appliances during off-peak hours may save you money on your utility bill.
24 (()) Change can be stressful for kids. Learn the signs for when they may be struggling and how to help.	25 You aren't alone quitting nicotine. Get no-cost support with Lyra's Nicotine Quitline .	26 You can jump-start your emergency fund with a bonus or tax refund.	27 Not sure how to help when a friend is struggling? Try the Ask-Listen-Action-Network (ALAN) method .	28 Regular exercise can help manage conditions affecting vision and support healthy eye pressure and blood flow.	29 Navigating medical bills can be challenging. Discover ways to advocate for yourself and get organized.	30 Moving around before starting something new can improve your energy , concentration, and motivation.
31 Annual eye exams can detect eye diseases and more. Pay only \$4 at a VSP network provider. ¹				 <p>Scan the QR code or visit One.Walmart.com/Wellbeing to explore these tips and more.</p>		

● Mind ● Body ● Wallet (()) Webinar

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