




# 2025 May



## Prioritize your well-being this Mental Health Awareness Month

 = Webinar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Write down your achievements and use the list when you need a mood boost. <a href="#">Read more</a>	If you're struggling, connect with a loved one for support.	<a href="#">Video tip</a> : Learn about the power of connection during suffering.
4	5	6	7	8	9	10
When someone asks how you're doing, try sharing a detail to find some real connection.	Spend time outdoors, even if it's just sitting in a park. Nature can calm the mind.	Learn what causes stress and a simple skill to help you feel better right away. <a href="#">Read more</a>	<a href="#">Video tip</a> : Next time you feel like crying, let the tears flow. It can help your mental health!	Try a 60-second breathing reset: Inhale for four seconds, hold for four seconds, exhale for four seconds.	 <a href="#">Webinar</a> : Contain anxious thoughts and prevent them from taking over your day by scheduling "worry time."	Take a media break by turning off your phone or putting it in airplane mode.
11	12	13	14	15	16	17
Why overthink when you can clarify? Ask what someone meant, how they felt, or if everything's OK.	A clean environment reduces stress. Take a minute to declutter your workspace.	Protect your energy and learn to say "no" when you feel stretched too thin.	<a href="#">Video tip</a> : Take a breath. Practicing breathing exercises can help you release tension.	If you were supporting someone else, what might they need? You deserve to give that to yourself.	<a href="#">Podcast</a> : Physical activity releases endorphins, which can boost your mood.	You love people despite their flaws. Others do, too! You don't need to be perfect, to be loved.
18	19	20	21	22	23	24
Write down three things you're grateful for. Focusing on the positive can shift your perspective.	 <a href="#">Webinar</a> : Learn how to unlock workplace happiness with the nine dimensions of well-being.	Can't get the hug you need to calm down? Use this exercise to soothe yourself. <a href="#">Read more</a>	Treat yourself with the same kindness you'd offer a friend. It's okay to have tough days.	A quick chat or kind message creates a positive, supportive work environment.	<a href="#">Video tip</a> : Notice and reverse the habit of pushing people away.	Reconnect with hobbies or activities that bring you happiness.
25	26	27	28	29	30	31
Replace screen time before bed with reading, stretching, or listening to calming music.	Write a "not-to-do list" to help you deprioritize the unimportant things.	<a href="#">Video tip</a> : We're allowed to have feelings at work.	Reflect on a time you felt appreciated for who you are. Carry that feeling with you today.	Try mindfulness exercises like deep breathing, meditation, or visualizing your worries floating away on a cloud.	<a href="#">Video tip</a> : Understand how "fitting in" differs from "belonging."	Take inspiration from your past resilience. Use a coping strategy that has worked for you before.

### Your partners for mental well-being

#### lyra

Get support from mental health professionals or explore self-care resources anytime, anywhere, to help you feel your best. [Start today](#)



Access 24/7 virtual care with providers, psychiatrists, and therapists for medical and mental health needs. [Find a provider](#)

#### Supportiv

Be heard, helped, and uplifted 24/7, by chatting with real peers who can relate. [Start today](#)

#### Help Now

When you're not sure what help you need, contact Help Now, a service by Humankind, formerly AiRCare. [Get Help Now 1-855-4HLPNOW](#)

Get the "Well-being Tip of the Day" texted directly to your phone by our partners at myAgileLife. [Sign up here!](#)



Scan the QR code or visit [One.Walmart.com/Wellbeing](https://One.Walmart.com/Wellbeing) for more ways to own your well-being