

2026 April Stress less, move more, keep saving



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Just two minutes of movement can be enough to lower blood pressure.	2 Join one of Merrill's live interactive workshops for financial tips.	3 Stress can look different for everyone, but common symptoms include fatigue, irritability, and negative thoughts.	4 Try stretching during TV commercials or while food is cooking.
5 Check out these steps to identify your money mindset and make informed choices.	6 Navigating an autism diagnosis can feel overwhelming. Learning more can bring clarity, connection, and hope.	7 Not sure how to begin walking for exercise ? Start small and increase the time, speed, frequency, or difficulty.	8 Download the Benefits OnLine mobile app to access your Walmart 401(k) plan on the go.	9 This guided meditation can help you settle racing thoughts and find balance.	10 Moving more can reduce physical discomfort and help you sleep better.	11 Building good credit is key to many financial milestones. Check your credit score in the OnePay app .
12 Your physical health can have a huge impact on emotions. Try the CARES method to keep your foundation strong!	13 Take a movement break at work with your team to help shake off stress.	14 Spring clean your finances! Register for a no-cost phone consultation with a Merrill financial specialist.	15 Autism may present differently based on age and gender. Learn more .	16 Strength training can improve bone density, lowering the risk of fractures.	17 Gen Z tips: Learn how to budget your money while navigating young adulthood's milestones.	18 Doing nothing for 10 minutes can interrupt a stress cycle, relaxing your body and mind.
19 Exercising on an empty stomach can burn more calories , if that's your goal.	20 Take the guesswork out of saving with a few simple tools .	21 You can tap into inspiration and deep focus by taking movement breaks throughout the day.	22 A few deep breaths can reduce cortisol levels, as well as your heart rate and anxiety.	23 Instapay helps you get part of your paycheck early, so you have your money when you need it most. ¹	24 Each associate and eligible family member gets 20 no-cost, confidential visits with a mental health professional, virtually or in person. ²	25 Combine walking with other activities, such as a mindfulness exercise or talking with a friend.
26 Use Merrill's Financial Wellness Score to identify ways to assess or improve your financial health.	27 Learn to spot " stress triggers " by keeping a log of times you feel stressed. Knowing why can be the first step toward control.	28 Frequent movement microbreaks can reduce pain, especially in the neck, wrists, shoulders, and back.	29 Building an emotion regulation toolkit takes time. Be prepared to make changes to fit your specific needs.	30 Grab your camera and take part in the #GreenSocksDay Challenge for financial literacy.		

● Mind ● Body ● Wallet (🎧) Webinar

- OnePay is a financial technology company, not a bank. Banking services provided by Coastal Community Bank or Lead Bank, Member FDIC. Instapay is unavailable to associates in New York and Puerto Rico, truck drivers, and executives.
- No medical plan enrollment required. Eligible family members include associate's spouse/partner and children up to age 26. All associates and their eligible family members get 20 no-cost visits per person.



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:

breakthru

Take action with two-minute guided movement and breathing breaks. **Try it now.**

FITNESS PASS

Work out at home or in a gym with discounted options. **Learn more.**

lyra

Get no-cost support from mental health professionals and self-care resources. **Connect today.**

MERRILL
A BANK OF AMERICA COMPANY

Invest in your future and manage your 401(k) account. **Log in.**

OnePay

Manage your money better. Save automatically, spend confidently, and get paid early!¹ **Get started.**