



## Health & Wellness Resource Update

April 2026



### **April National Health Observance**

Alcohol & Substance Abuse and Stress Awareness



April's health observances are Alcohol & Substance Abuse and Stress Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Substance use disorder \(drug abuse\)](#)
- [Substance use helpline](#)
- [Stress](#)
- [Anxiety and anxiety disorders](#)

## United at Work Presentation of the Month

### Stress in the Workplace



Jobs of all types may bring stress to one's life. During this presentation, we will define stress and the effects it may have on you and discuss ways you may effectively deal with stress in the workplace. Available to view in [English](#) and [Spanish](#).

## Health Tip Flier of the Month

### Screen Time and Brain Health



Check out this month's health tip flier Screen Time and Brain Health. Available to view in [English](#) and [Spanish](#).

## Health actions of the month



- Try an alcohol-free month to reset habits
- Take breaks from news and social media

### May preview

- Mental Health Awareness and National Physical Fitness & Sports Month
- United at Work presentation: Everyday Mindfulness
- Health Tip Flier: Stand for Health

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