



Health & Wellness Resource Update

April 2025

April National Health Observance

Alcohol and Substance Abuse & Stress Awareness Month



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

- [Alcohol use disorder](#)
- [Substance use disorder](#)
- [Substance use help line](#)
- [Living with stress](#)

United at Work Presentation of the Month

Breathing for Better Health



Something as simple as conscious breathing may lead to many health benefits, calming the mind and reducing stress. During this presentation, you will define diaphragmatic breathing and discuss benefits of breathing techniques and its impact on health. We will also review breathing strategies, as well as good breathing practices. Available to view in [English](#) and [Spanish](#).

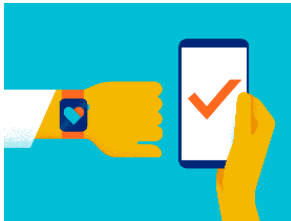
Health Tip Flier of the Month

Soothing Stress



Check out this month's Health Tip Flier on Soothing Stress. Available in [English](#) and [Spanish](#).

Health actions of the month



- Avoid alcohol near bedtime
- Take brisk 10-minute outdoor walks

May preview

- Mental Health Awareness & National Physical Fitness and Sports Month
- United at Work presentation: Strength for Health
- Health Tip flier: Strength for Health

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