

April 2026

**Strive**  
for better health



# Get invigorated by April showers



Nature is reawakening this month, reminding us of renewal, hope, and fresh beginnings. Let that energy reinvigorate your own self-care practices.



NATIONAL  
PUBLIC  
HEALTH  
WEEK

READY. SET.  
ACTION!

APRIL 6-12, 2026

# National Public Health Week

Join the [American Public Health Association](#) April 6–12 in celebrating the achievements of public health in the U.S.

Public health initiatives have added decades to Americans' life expectancy and dramatically improved quality of life, but this progress still lags behind other high-income countries.

Take some time this month to [learn more about public health](#) and how you can make a difference.

→ [Take the pledge to create a healthier America](#)

# Counseling Awareness Month



People tend to seek professional counseling when they feel distressed, overwhelmed, or uncertain about life. But a counselor can also help you figure out everyday challenges that seem to be blocking you from your goals.

Make time to nurture your mental health this month. Also take a moment to learn about whether professional counseling [could be helpful](#) for you.

- [Caring for your mental health](#)
- [Turn your self-care strategies into a routine](#)



# Financial Literacy Month

With taxes due April 15, finances are top of mind this month. Conveniently, it's also [Financial Literacy Month](#).

Unfortunately, studies indicate [only 57%](#) of U.S. adults are financially literate. The good news: It's never too late to start learning!

Take some time this month to measure both your financial [literacy](#) and [well-being](#) to find out where to focus your financial literacy efforts.

- [What is financial literacy and why is it important?](#)
- [Financial literacy resource directory](#)



POINTS OF LIGHT



# GLOBAL VOLUNTEER MONTH

As both [National](#) and [Global Volunteer Month](#), and featuring [National Volunteer Week](#) April 19–25, this month is practically begging you to [get out there and volunteer](#) in your community.

Volunteering doesn't just benefit your community. It also provides you with [mental, physical, social](#), and sometimes even [professional](#) benefits. So pick a cause and get cracking on some community service!

- [JustServe volunteer opportunities](#)
- [Online volunteer opportunities](#)

