**Mental Health Awareness**

**Social media posts**

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| 1 | Let’s play self-care bingo! Pick a day, pick a challenge. See if you can cross off all 9 of these mental health promotion activities. 🤍  #LiveLifeWithVitality  \_\_  *Reference static image: Self-care bingo* |
| 2 | Tonight’s goal: get a good night’s sleep.  Ready to achieve it? Here’s how:  🛏️ Avoid eating too much food right before bedtime  ☕Reduce your alcohol and caffeine intake  ⏰Stop using your phone at least an hour before it’s time to snooze  👂Use ambient sound like a fan or white noise to block out background noise  #LiveLifeWithVitality |
| 3 | Technology plays an important role in all our lives. But: don’t let it take over. Set screen time boundaries – and especially avoid ‘doom scrolling’ before bedtime.  Read more about the trouble with tech when it comes to our mental wellbeing.  **LINK TO ARTICLE: THE TROUBLE WITH TECH**  #LiveLifeWithVitality |
| 4 | Better sleep = better health. Especially mental health. We need at least 7 hours of sleep each night to function our best.  Here are our top tips to get a good night’s sleep … every night.  **LINK TO ARTICLE: SLEEP YOUR WAY TO BETTER HEALTH**  #LiveLifeWithVitality |
| 5 | DID YOU KNOW that exercise can boost your mood? Other BIG benefits include:   ✅ Improved self-esteem   ✅ Stronger levels of resilience   ✅ Reduced effects of depression   ✅ Enhanced cognitive ability (like memory!)  #LiveLifeWithVitality |
| 6 | We all feel anxious, sad or annoyed from time-to-time. If you feel this way more than you do positive emotions, it is a good idea to check in with your doctor. They can help assess your risk of depression and give you the best tools to feel your best.  #LiveLifeWithVitality |
| 7 | Terry Harris is one of our expert Vitality dieticians who knows how important good nutrition is for positive mental health. Her advice? Add these stress-busters to your diet:  🍎Fruit and vegetables, every day  🐟Foods rich in omega-3 fatty acids, like salmon  🥬Dark green leafy vegetables  🥜Nuts, seeds and legumes  Want to learn more about the link between food and mood?  **LINK TO ARTICLE: THE SCIENCE BEHIND FOOD AND MOOD**  #LiveLifeWithVitality |
| 8 | Breathe in; breathe out. Try this simple breathing exercise as today’s mental health ‘check in’. Relaxing your mind and body helps to boost your mood and deep breathing is a great stress-buster.  #LiveLifeWithVitality  \_\_  *Reference gif: Inhale, exhale* |
| 9 | What is your go-to tip when you’re feeling down? Most people look to exercise as an easy and cost-effective solution. Whether you’re a fitness pro or just starting out, try a 5km parkrun with us this weekend. Earn Vitality points + de-stress.  #LiveLifeWithVitality |
| 10 | Ready to boost your mood? Stop what you’re doing and take a 2-minute break … and MOVE. Run on the spot, do push ups, dance around your house. You’ll feel a bit better immediately (we promise).  #LiveLifeWithVitality |
| 11 | Our recommended tips to ease your stress?   1. Better sleep = better mood   Aim for 7-9 hours of sleep every night. Lack of sleep makes it more difficult to deal with your daily stressors   1. Get out of your own head   Write down everything swirling around your head and causing you anxiety. Then prioritize your lists to give you a sense of control as you can see what needs to be done, keeping you more focused     1. Take a moment   Regular breaks, even for 5 minutes every hour, can help calm your mind and give you a chance to recharge   1. Leave work at work   Boundaries matter! Create a non-work, destress environment where you switch off from work and take time out to relax and revive. Think outdoors, a bath, a reading chair …   1. Walk it out   A short walk can help you clear your head and give your mind a breather, giving you the best of both worlds: the benefits of exercise and a mood boost!  #LiveLifeWithVitality |
| 12 | Sleep is the key to ultimate human fulfilment, Ariana Huffington, Founder of Thrive Global, a wellbeing and productivity platform, told the Discovery Leadership Summit 2016.  Her advice is as relevant today. Ariana says science shows us we need to recharge, as our brain has 2 modes: Alert + awake and Asleep + “cleaning up” – too little cleaning up time can lead to memory loss and even Alzheimer’s.  Ariana’s 3 most important steps to getting better sleep, to lead to a healthier, more productive and happier life:   1. Identify a time at the end of the day when you turn off all your devices and gently escort them out of your bedroom 2. Understand that your mental health is connected to your physical health. Learn to silence the negative voice in your head as it stops you from being fully in the present 3. Be a giver. Giving back is a shortcut to happiness. It means giving back a connection with another human being that you might only have a purely transactional relationship with, like the barista at the coffee shop.   #LiveLifeWithVitality  **\_\_**  *Reference static image: Burnout is not a feature* |