**Workplace wellness**

**Social media content calendar**

***Note: Markets to localise based on in-country guidelines and product offering***

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|  | **Proposed copy**  |
| 1 | As part of our focus on workplace wellbeing, we brought together a panel of Vitality experts to discuss the future of the workplace.Here’s what we explored: **LINK TO ARTICLE: BETTER HEALTH, BETTER BUSINESS: THE SHARED-VALUE OF WORKPLACE WELLBEING** #LiveLifeWithVitality\_\_*Ref creative image: Happy employees = happier bottom lines*  |
| 2 | The ultimate goal with workplace wellbeing is to create a healthier and more engaged workforce. Why? Research shows that this:⬆️ job satisfaction⬆️ performance⬇️ absenteeism#LiveLifeWithVitality |
| 3 | One of the biggest obstacles when it comes to burnout? People often feel ashamed for asking for help, slowing down or taking a break. If this sounds like you, try our tips today: **LINK TO ARTICLE: WORKPLACE WELLNESS – LET’S BEAT BURNOUT** #LiveLifeWithVitality\_\_*Ref creative gif: Say bye to burnout*  |
| 4 | DID YOU KNOW that healthy habits can help boost your happiness in the workplace (and can spill over into your personal life too!): **LINK TO ARTICLE: WORKPLACE WELLNESS IS A WIN-WIN – HERE’S HOW.**#LiveLifeWithVitality\_\_*Ref creative image: Our top tips*  |
| 5 | You probably know the term “work-life balance”. But what does this really mean? And, more importantly, are YOU achieving it? Share your thoughts with us below ⬇#LiveLifeWithVitality  |
| 6 | Dear YOU! Make time for the things that matter this month:✅Spend time with friends✅Get good quality sleep✅Take up a hobby✅Practise mindfulness✅Get active#LiveLifeWithVitality |
| 7 | For most of us, a large chunk of our time is spent at work. In fact, in any given week, we spend about 40% of our waking hours working. So, it’s important that this environment is a healthy one. **LINK TO ARTICLE: WHICH PART OF YOUR WORKPLACE WELLNESS NEEDS A BOOST?**#LiveLifeWithVitality |
| 8 | We spend a 1/3 of our adult lives at work so this needs to be a space that we can thrive in. Here’s what we recommend at Vitality. **LINK TO ARTICLE: OUR FAVOURITE, FUN WORKPLACE WELLNESS INITIATIVES** #LiveLifeWithVitality\_\_*Ref creative gif: Managing workplace wellness* |
| 9 | STOP STRESS.SEEK SUPPORT.Talk to friends, family, colleagues or professionals about your feelings and concerns – a solid support system can help reduce stress.#LiveLifeWithVitality |
| 10 | If you find yourself wanting to boost any part of your workplace wellness – and most of us do – then this article is for you: **LINK TO ARTICLE: WHICH PART OF YOUR WORKPLACE WELLNESS NEEDS A BOOST?**#LiveLifeWithVitality\_\_*Ref creative image: The elements of workplace wellbeing*  |