**#VibrantGivesBack 2020**

After such a challenging year, Vibrant is giving back to the community for #GivingTuesday and the rest of the holiday season. This year, we’re focusing on what you can do to stay in balance in every aspect of your life with our Staying in Balance Tips and Tools Series. The series features stress assessments, self-care plans, relaxation techniques, and more!

**Want to promote #StayingInBalance?**

There are many ways you can help promote #StayingInBalance to your networks.

You can…

* Visit and share our #StayingInBalance page: [vibrant.org/StayingInBalance](https://www.vibrant.org/stayinginbalance/)
* Post messages and graphics from the sample social media posts below (download graphics at <http://bit.ly/2XSHrQC>)
* Download and share our stress assessment exercise and self-care plan
* Share your personal self-care tips with us by using the hashtag #StayingInBalance
* [Donate to Vibrant Emotional Health](https://www.vibrant.org/donate/) and support our life-saving work

**Sample Social Media Posts**

**Facebook**

If you feel like you’re having a hard time staying in balance this holiday season, try this self-care action plan exercise from @vibrantforall. It can help you identify if you’re stressed and how to manage it better. <https://bit.ly/2PNsaOo> #StayingInBalance

Feeling stressed or off-balanced lately? These relaxation techniques and exercises from @vibrantforall can help. <https://bit.ly/2JbrXD6> #StayingInBalance

Take a look at the signs and symptoms of stress <https://bit.ly/2ZSVMhW> - do you see yourself in this list? If so, it may be time to try some proven stress reduction strategies. Visit vibrant.org/StayingInBalance to learn how. #StayingInBalance #VibrantGivesBack

Self-care means that you find time for yourself and the activities that will keep you healthy and in balance as you face the demands of work, home, and life in general. Download this self-care action plan to help you make self-care a part of your daily life. <https://bit.ly/2PNsaOo> #StayingInBalance #VibrantGivesBack

Want to keep your organization healthy by reducing stress in the workplace? Contact @vibrantforall today to set up a workshop for supervisors, managers, and staff members. Learn more by visiting [vibrant.org/StayingInBalance](https://bit.ly/2LkDvXF). #StayingInBalance #VibrantGivesBack

If you or someone you know is struggling with thoughts of suicide this holiday season, reach out to the @800273talk. They’re available 24/7/365, and your call is confidential and free. You don’t have to go through this alone.

Did you know that @vibrantforall administers not only the @800273talk, but the national @distresshelpline, as well? The Disaster Distress Helpline provides immediate crisis counseling for people experiencing emotional distress related to disasters. It’s free, confidential, and available 24/7. Learn more by visiting disasterdistress.samhsa.gov.

**Twitter**

If you feel like you’re having a hard time staying in balance this holiday season, try this #selfcare action plan exercise from @vibrantforall. It can help you identify if you’re stressed & how to manage it better. <https://bit.ly/2PNsaOo> #StayingInBalance #VibrantGivesBack

Feeling stressed or off-balanced? These #relaxation techniques & exercises from @vibrantforall can help. <https://bit.ly/2vxt6wS> #StayingInBalance #VibrantGivesBack

Take a look at the signs & symptoms of #stress <https://bit.ly/3mo2ZkZ> - do you see yourself in this list? If so, it may be time to try some proven stress reduction strategies. Visit [vibrant.org/StayingInBalance](http://vibrant.org/stayinginbalance) to learn how. #StayingInBalance #VibrantGivesBack

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**To download more tips and social media graphics,**

**visit** [**http://bit.ly/2XSHrQC**](http://bit.ly/2XSHrQC)**.**