

# #StayingInBalance Social Media Toolkit

This World Mental Health Day 2022, we're focusing on ways you can stay in balance in every aspect of your life with our Staying In Balance Tips and Tools Series. This 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://vibrant.org/StayingInBalance)
- Post messages from the sample social media posts below
- 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](#) and support our life-saving work

## Sample Social Media Posts

### Facebook

Keeping yourself in balance is key for your mental health. 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 #WMHD #WorldMentalHealthDay

Feeling stressed or off-balanced lately? These relaxation techniques and exercises from @vibrantforall can help. <https://bit.ly/3ruuHR3> #StayingInBalance #WMHD #WorldMentalHealthDay

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](http://vibrant.org/StayingInBalance) to learn how. #StayingInBalance #WMHD #WorldMentalHealthDay

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 #WMHD #WorldMentalHealthDay

If you or someone you know is struggling with thoughts of suicide, reach out to the @988Lifeline. They're available 24/7/365, and your call is confidential and free. You don't have to go through this alone. #WMHD #WorldMentalHealthDay

Did you know that @vibrantforall administers not only the @988Lifeline, 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](http://disasterdistress.samhsa.gov).

## Twitter

Keeping yourself in balance is key for your #mentalhealth. Try this #selfcare 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 #WMHD #WorldMentalHealthDay

Feeling stressed or off-balanced? These #relaxation techniques & exercises from @vibrantforall can help. <https://bit.ly/3ruuHR3> #StayingInBalance #WMHD #WorldMentalHealthDay

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 #WMHD #WorldMentalHealthDay

#Selfcare means that you find time for yourself & the activities that'll keep you healthy & in balance as you face the demands of work, home, & life. DL this self-care action plan to help you make self-care a part of your daily life. <https://bit.ly/2XZRZxp> #StayingInBalance #WMHD

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