**Create Your Calm: Social Media Template**

**Directions:** Copy the image and verbiage below and paste into your social media post. Remove the text in red and add your contact information.

A person with the arms crossed

Description automatically generated with low confidence

**Caption:**

It’s the most wonderful – and busiest – time of the year! Amidst the hustle and bustle, it’s important to make time for yourself during the holiday season.

To find more inner peace, we invite you to join the 14-day “Create Your Calm” program on Wellbeats! This program will guide you through daily breathing exercises, meditations, and mindfulness practices to take care of your mental health. By the end of the program, you will become more aware of how to create moments of calm during stressful times.

Download the Wellbeats app or go to portal.wellbeats.com to get started. For any questions, please contact [enter your contact information here].

@Wellbeats #CreateYourCalm #Wellbeats