**Stress and Resilience: 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.

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**Caption:**

**Stress is real—but so is your strength.**

When life feels heavy, it’s okay to pause. With access to Wellbeats *Wellness*, you can tap into the [**Create Your Calm**](https://portal.wellbeats.com/programs(m:program-detail/277)#overview)program—a space to reset, recharge, and build resilience from the inside out.

Discover simple, effective tools like:

* Meditation & Breathwork
* Gratitude Practices
* Body Awareness
* Sound & Stillness

You already have what it takes. Let’s bring it to the surface.

For any questions, please contact [enter your contact information here].

#CreateYourCalm #WellbeatsWellness #InnerStrength #StressandResilience