**Mental Health & Wellbeing at Work: 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 and person looking at a computer

AI-generated content may be incorrect.

**Caption:**

In the middle of meetings, deadlines, and to-do lists, don’t forget that YOU are the most important part of your workday.

As part of your Wellbeats benefits, you have access to tools that help you reset, refocus, and recharge, including:

* Guided meditations
* Stress and anxiety relief
* Mental fitness and resilience classes
* Tips for better sleep and work-life balance

Take a moment. Take a breath. Take care of your mind.

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

#MentalHealthandWellbeingAtWork #WorkdayWellbeing #WellbeatsWellness