

SOCIAL MEDIA EXAMPLES



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Small achievements every day can build our capacity to be successful. It is the striving rather than the reward that is long-lived. Little achievements build self-esteem and make us want to achieve more. Moving past perfectionism, self-judgement, fear, sadness, or fear of emotional pain can help us feel accomplished. Praise others for all that they have accomplished and recognize the hard work they have put in to achieve their goals. #BeWell



Join us in a random acts of kindness challenge! Here are some ideas to get you started: Offer to return a shopping cart to its stall for a busy parent or older adult, buy a cup of coffee for a stranger, make a meal and share it with a neighbor or friend, or tip someone generously. Share your random act of kindness with us and help promote through happiness and meaning in your community. #BeWell

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TOGETHER WE CAN

build a better future!

