

15 minutes for your mental health Digital Package for social media

PURPOSE:

More than a year into the pandemic and Ontarians are feeling the effects. Many of us are struggling with burnout, loneliness, and depression. The prevalent advice is to exercise self-care as much as possible, but this can feel overwhelming on top of the other tasks we all have to accomplish every day. That's why CMHA Ontario has created these materials. By offering easy 15 minute ideas, CMHA aims to make the idea of self-care seem as simple as possible.

Please use the following resources on your social media channels.

DIGITAL MATERIALS IN THIS PACKAGE:

- Web banner
- Social media posts
- Social media graphics
- Printable booklet

SUGGESTED TIMELINE OF ACTIVITIES:

Timeline	Channel	Activities
ASAP	Web banner	<ul style="list-style-type: none"> • Post web banner on your website
	Twitter	<ul style="list-style-type: none"> • Share social media posts
	Facebook	<ul style="list-style-type: none"> • Share social media posts
	LinkedIn	<ul style="list-style-type: none"> • Share social media posts
	Instagram	<ul style="list-style-type: none"> • Share social media posts

PRINTABLE BOOKLET (CLICK ON THE IMAGE TO DOWNLOAD):



SAMPLE SOCIAL MEDIA POSTS:

Twitter / Facebook / LinkedIn

- More than a year into the pandemic and we're all feeling the effects. That's why we're offering 15 minute ideas to help you feel better. <http://bit.ly/take-15-min> <insert shareable graphic>
- We know the balancing the tasks of everyday life has now become more stressful and exhausting. But looking after yourself is especially important when you're struggling. That's why we're sharing 15 minute ideas to help you feel better. <http://bit.ly/take-15-min> <insert shareable graphic>
- The idea of taking even a few minutes to practice healthy coping techniques right now can feel like just another chore. But looking after yourself is especially important when you're struggling. Take 15 minutes and try this tip: <insert shareable graphic>
- Self-care is about self-preservation. It's a necessity, not an indulgence. We're keeping it simple with these 15 minute tips: <http://bit.ly/take-15-min> <insert shareable graphic>

- Taking time for your health is important all year long. Bookmark this page any time you need ideas for a 15 minute pick me up: <http://bit.ly/take-15-min> <insert shareable graphic>
- Take 15 minutes for your mental health today: <http://bit.ly/take-15-min> <insert shareable graphic>
- Take 15 minutes for your emotional health today: <http://bit.ly/take-15-min> <insert shareable graphic>
- Take 15 minutes for your physical health today: <http://bit.ly/take-15-min> <insert shareable graphic>
- Take 15 minutes for your social health today: <http://bit.ly/take-15-min> <insert shareable graphic>
- Take 15 minutes for your spiritual health today: <http://bit.ly/take-15-min> <insert shareable graphic>

Instagram captions

- More than a year into the pandemic and we're all feeling the effects. That's why we're offering 15 minute ideas to help you feel better.
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GRAPHICS:



Web banners (CLICK ON THE IMAGE TO DOWNLOAD) You can link the banners to a page on your website to download the booklet or externally to <https://ontario.cmha.ca/take-15-minutes-just-for-you/>



Shareable images for Twitter / Facebook / LinkedIn (CLICK ON THE IMAGE TO DOWNLOAD)


LOG OFF.

Take 15 minutes away from the news and stretch or go for a walk.




CHECK IN WITH YOURSELF.

Take a 15 minute check-in. Ask yourself:





- How am I feeling right now?
- What's going well today? Practice gratitude.
- Do I need extra support? If so, call CMMHA!
- What I can do to refresh and recharge right now?




ENGAGE YOUR BRAIN.

Read, do a crossword, work on a jigsaw puzzle or watch a quick video on a topic that interests you.



WRITE OUT YOUR FEELINGS.

Naming and writing about our emotions helps to ease anxiety and decreases our anger or fear response.



ACKNOWLEDGE YOUR GRIEF.

It's important to take the time to acknowledge and mourn all the losses caused by the pandemic: economic, social, physical and emotional.



I'm really upset that I've had to put my dreams on hold.





DO SOMETHING SMALL THAT BRINGS YOU JOY.

Read a book, bake cookies, do some gardening. Whatever works for you and is a healthy way to cope.





TIDY UP.

Make your bed, wash dishes or tidy your desk. A sense of order can help maintain physical well-being and reduce mental fatigue.



EXERCISE.

Take a walk, climb the stairs or do a quick workout video.



FUEL YOUR BODY.

Fuel your body by eating healthful foods and staying hydrated.



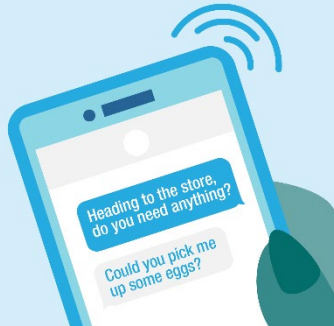
USE SOCIAL MEDIA TO CONNECT.

Actively engage online by sharing, posting photos, and commenting.



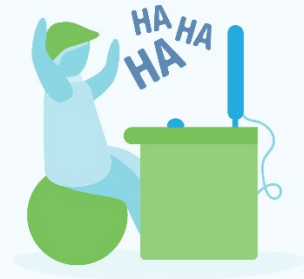
FIND WAYS TO HELP.

Check on your neighbours, elderly parents and friends to see how they're doing and if they need help picking up groceries or other important household items.



CONNECT VIRTUALLY.

Schedule a virtual coffee date to catch up with friends.



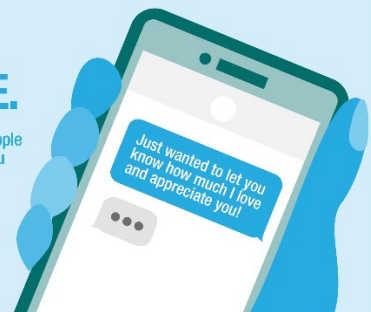
INDULGE YOUR CREATIVITY.

Creativity can be an effective tool for enhancing our spiritual growth and help us to express our emotions.



PRACTICE GRATITUDE.

Take the time reach out to people that you love and tell them you appreciate them.



SPEND TIME IN NATURE.

Spending just 15 minutes per day outdoors in nature can be beneficial for mind and body.



RE-FOCUS YOUR GOALS

Prevent burnout by reminding yourself of your values: why you do what you do.



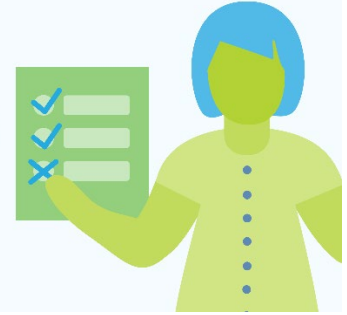
RE-FRAME YOUR MINDSET

Striving towards positive outcomes instead of working to avoid negative ones increases motivation and prevents burnout.



RE-BALANCE YOUR TASKS

Balance 'want to' vs. 'have-to' tasks each day to maintain self-control and focus and prevent burnout.



Sharable images for Instagram **(CLICK ON THE IMAGE TO DOWNLOAD)**

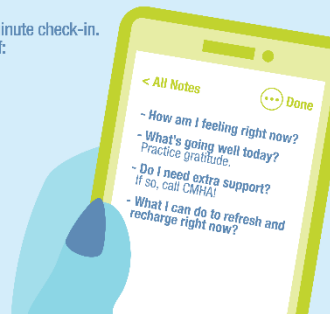
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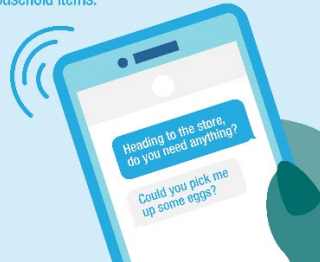
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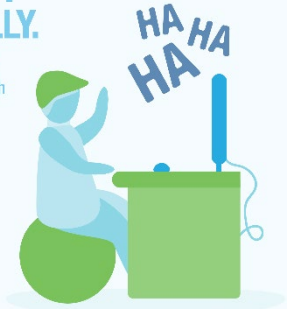
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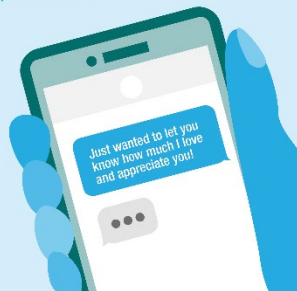
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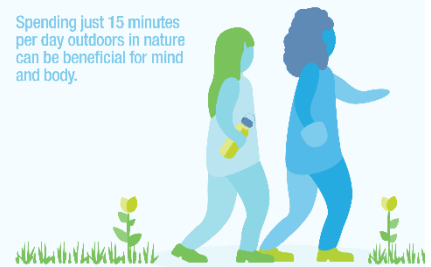
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Images for Instagram / Facebook stories (**CLICK ON THE IMAGE TO DOWNLOAD**)

Take 15 min for your mental health story (4 slides)

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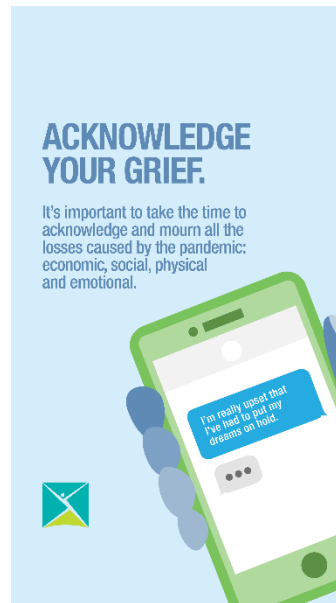
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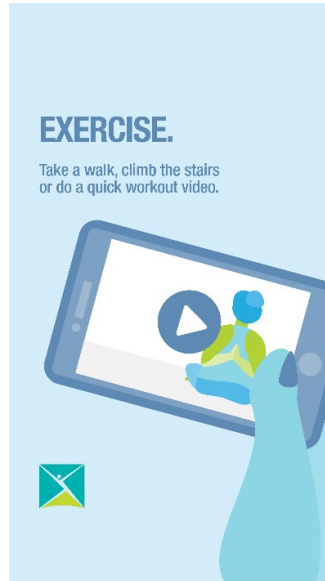
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Take 15 min for your physical health story (4 slides)



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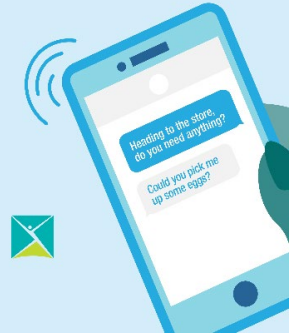
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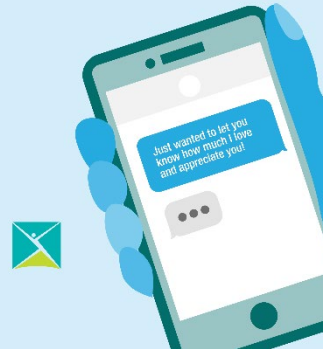
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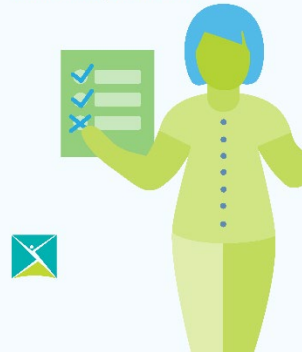


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