Below is suggested social media copy (image options attached) to help you promote this month’s health and wellness topic — Managing stress, anxiety and panic — among your members. Feel free to share on your internal communication platforms and via your own LinkedIn accounts, as appropriate.

   

[Image 1](https://www.optum.com/content/dam/optum-dam/images/business/health-benefits/world-health-day-apr25.jpg) [Image 2](https://www.optum.com/content/dam/optum-dam/images/business/health-benefits/pause-and-unwind-apr25.jpg) [Image 3](https://www.optum.com/content/dam/optum-dam/images/business/health-benefits/help-nuture-positivity-apr25.jpg) [Image 4](https://www.optum.com/content/dam/optum-dam/images/business/health-benefits/explore-the-history-apr25.jpg)

* April 7 is World Health Day. This month, discover proven, practical and fun ways to relieve stress, ease your mind and nurture calm. [optumwellbeing.com/newthismonth/en-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing #WorldHealthDay2025
* Looking for enjoyable ways to find calm? This month’s toolkit offers breathing, music and coloring exercises to help you. [optumwellbeing.com/newthismonth/en-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing #WorldHealthDay2025
* Explore how to control what you can, nurture positivity and build resilience to help manage stress in this month’s toolkit. [optumwellbeing.com/newthismonth/en-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing #WorldHealthDay2025
* Discover the history of World Health Day and how you can help shape its future and carry its “health for all” mission forward. [optumwellbeing.com/newthismonth/en-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing #WorldHealthDay2025

**How to post on LinkedIn:**

* Open your LinkedIn account.
* Select your preferred text (including link) from above. Copy + paste.
* Choose your preferred image and add to your post (save image to your drive, select “add photo” prior to step 4.
* Click “post.”