Below is suggested social media copy (image options attached) to help you promote this month’s health and wellness topic – Prep and Reset for the New Year – amongst your members. Please feel free to share this on your internal communication platforms and via your own LinkedIn accounts, as appropriate.

   

* As the new year approaches, explore tips and tools to help you reflect on the past year and get ready for a bright new year in this month’s toolkit. [optumwellbeing.com/newthismonth/en-GB](https://optumwellbeing.com/newthismonth/en-GB) #employeehealth #wellbeing
* Learn more about how to protect your time, space and energy with these tips for setting and maintaining healthy boundaries. [optumwellbeing.com/newthismonth/en-GB](https://optumwellbeing.com/newthismonth/en-GB) #employeehealth #wellbeing
* Need help believing in yourself and making peace with past mistakes? Read about how to shift your mindset to be more positive in this month’s toolkit. [optumwellbeing.com/newthismonth/en-GB](https://optumwellbeing.com/newthismonth/en-GB) #employeehealth #wellbeing
* Here’s a fun worksheet to recap your year and set positive intentions for the new year. [optumwellbeing.com/newthismonth/en-GB](https://optumwellbeing.com/newthismonth/en-GB) #employeehealth #wellbeing

**How to post on LinkedIn:**

* Open your LinkedIn account.
* Select your preferred text (including link) from above and copy + paste.
* Choose your preferred image and add it to your post (save the image to your drive, select ‘Add photo’ prior to step 4).
* Click ‘Post’.