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 – 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/o4-dam/images/consumers/health-solutions/reflect-and-recharge-dec.jpg?appId=aemshell) [Image 2](https://www.optum.com/content/dam/o4-dam/images/consumers/health-solutions/protect-your-peace-dec.jpg?appId=aemshell) [Image 3](https://www.optum.com/content/dam/o4-dam/images/consumers/health-solutions/find-your-confidence-dec.jpg?appId=aemshell) [Image 4](https://www.optum.com/content/dam/o4-dam/images/consumers/health-solutions/your-year-your-goals-dec.jpg?appId=aemshell)

* 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-US](https://www.optumwellbeing.com/newthismonth/en-US) #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-US](https://www.optumwellbeing.com/newthismonth/en-US) #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-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing
* Here’s a fun worksheet to recap your year and set positive intentions for the new year. [optumwellbeing.com/newthismonth/en-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing

**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.