Below is suggested social media copy (image options attached) to help you promote this month’s health and wellness topic — 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 link](https://www.optum.com/content/dam/o4-dam/images/consumers/health-solutions/empwer-your-mind-social-post-july-2024.jpg) [Image 2 link](https://www.optum.com/content/dam/o4-dam/images/consumers/health-solutions/listen-to-your-thoughts-social-post-july-2024.jpg) [Image 3 link](https://www.optum.com/content/dam/o4-dam/images/consumers/health-solutions/navigate-stress-with-support-social-post-july-2024.jpg) [Image 4 link](https://www.optum.com/content/dam/o4-dam/images/consumers/health-solutions/managing-race-based-trauma-social-post-july-2024.jpg)

* This month, we share resources, tips and tools for understanding what may be driving your anxious thoughts and feelings — and how to manage them. [optumwellbeing.com/newthismonth/en-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing
* It’s natural to feel worried, nervous and uneasy from time to time — and sometimes it’s even a good for you. Learn why and what your anxious thoughts and feelings may be telling you. [optumwellbeing.com/newthismonth/en-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing
* Learn what a panic attack is, what it might feel like, and get tips for getting yourself or someone else through one. [optumwellbeing.com/newthismonth/en-US](https://www.optumwellbeing.com/newthismonth/en-US) #employeehealth #wellbeing
* Racism threatens the health and wellbeing of many people around the world. Learn what race-based trauma is, tools for coping with it and how to find the support you may need to heal from it. [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”