Below is suggested social media copy (image options attached) to help you promote this month’s health and wellness topic — Celebrating and understanding differences — amongst your members. Please feel free to share this on your internal communication platforms and via your own LinkedIn accounts, as appropriate.

   

* In this month’s toolkit, we celebrate the uniqueness in each of us. Explore featured articles, interactive worksheets and other tools to learn more about yourself, gain new perspectives and better appreciate the lived experiences of those around you. [optumwellbeing.com/newthismonth/en-GB](https://optumwellbeing.com/newthismonth/en-GB) #employeehealth #wellbeing
* Navigating difficult conversations can be tricky. Use these tips to turn them into thoughtful discussions that allow both parties the opportunity to share and gain new perspectives. [optumwellbeing.com/newthismonth/en-GB](https://optumwellbeing.com/newthismonth/en-GB) #employeehealth #wellbeing
* What makes you, you? Use this interactive worksheet to explore who you are, what you value and why. [optumwellbeing.com/newthismonth/en-GB](https://optumwellbeing.com/newthismonth/en-GB) #employeehealth #wellbeing
* In a connected world, it’s in everyone’s best interest to adapt and welcome one another. Use this fun, interactive exercise to explore and gain new perspectives. [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. 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’