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

A close-up of people shaking hands

Description automatically generated with medium confidence A person holding a cup

Description automatically generated with low confidence A picture containing text, person, person, orange

Description automatically generated

* Life can be stressful, especially when it comes to managing finances and relationships. This month, learn ways to get a better handle on your relationship with money and loved ones. Optumeap.com/newthismonth #employeehealth #wellbeing
* Are your finances stressing you out? Learn approaches for improving your finances and well-being. Optumeap.com/newthismonth #employeehealth #wellbeing
* Learn 8 tips for coping with relationship stress, so you can build better connections. Optumeap.com/newthismonth #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”