

# RECOMMENDED SOCIAL MEDIA MESSAGES TIMELINE

January 4 – March 29, 2021

**Note:** Partners are encouraged to use any of these graphic images in their caregiving communication efforts at any time. Below we have listed certain occasions that tie into the specific assets and activities.

Remember to use our hashtag: **#CaregiverMonday**

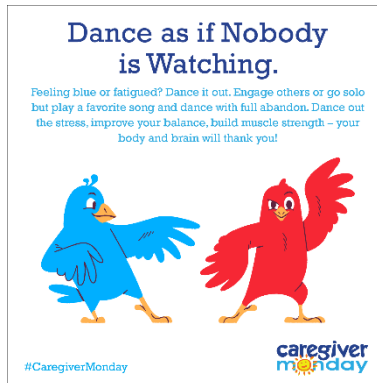
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**January 4**

**“Dance as if nobody is watching.”**

Feeling blue or fatigued? Dance it out. Engage others or go solo but play a favorite song and dance with full abandon. Dance out the stress, improve your balance, build muscle strength – your body and brain will thank you!

#CaregiverMonday #HappyNewYear



(January 21 is National Hugs Day)

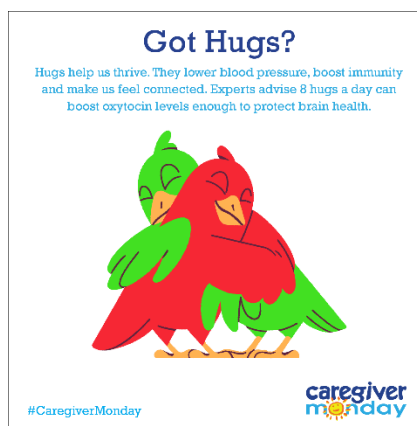
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**January 11**

**“Got Hugs?”**

Hugs help us thrive. They lower blood pressure, boost immunity and make us feel connected. Experts advise 8 hugs a day can boost oxytocin levels enough to protect brain health.

#CaregiverMonday #NationalHugsDay #HugACaregiver

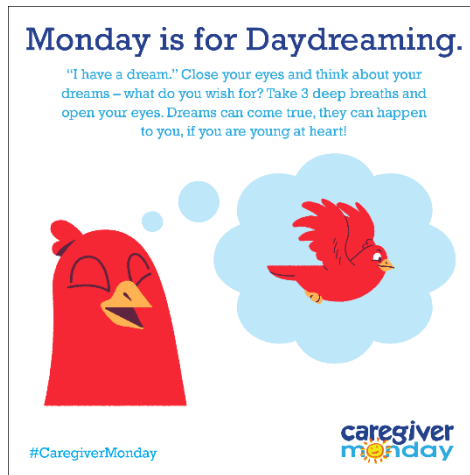


**January 18**

**Monday is for daydreaming.**

"I have a dream." Close your eyes and think about your dreams – what do you wish for? Take 3 deep breaths and open your eyes. Dreams can come true, they can happen to you, if you are young at heart!

#CaregiverMonday #MLKDay #IHaveADream

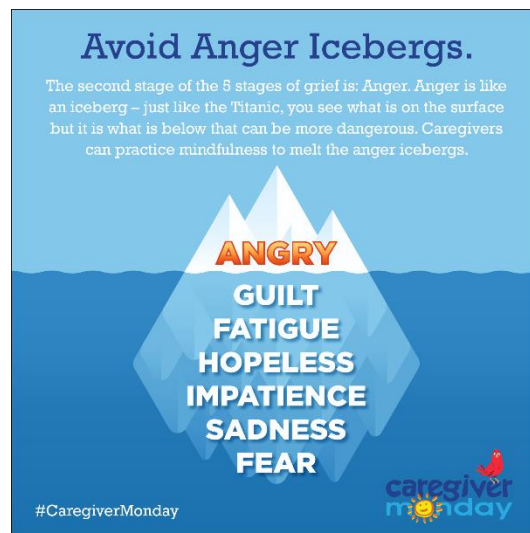


**January 25**

**Avoid anger icebergs.**

The second stage of the 5 stages of grief is: Anger. Anger is like an iceberg – just like the Titanic, you see what is on the surface but it is what is below that can be more dangerous. Caregivers can practice mindfulness to melt the anger icebergs.

#CaregiverMonday



(February is Heart Health Month; National Wear Red Day is February 5th)

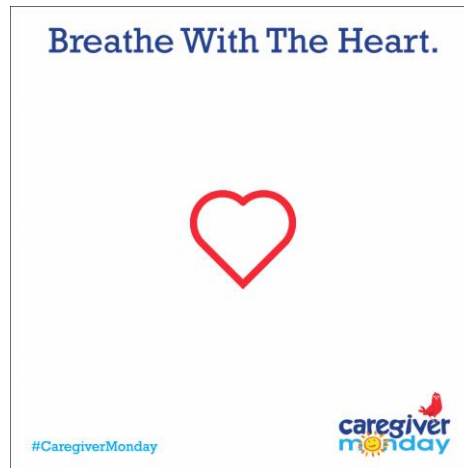
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**February 1**

**Heart and Soul.**

Caregiver stress and tension can block your ability to breathe deeply. Spend at least 10-20 minutes a day practicing deep breathing – let peace and calm in and push tension and anxiety out.

#CaregiverMonday #NationalWearRedDay #HeartMonth



(February 14 is Valentine's Day)

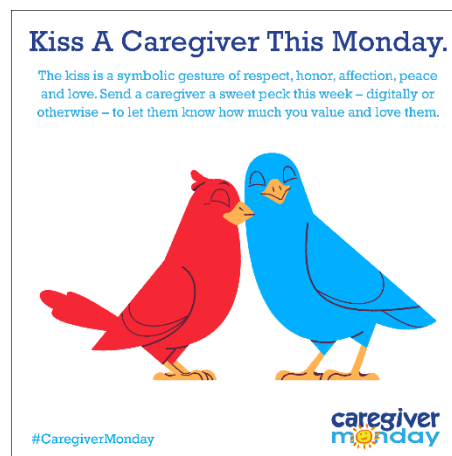
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**February 8**

**Kiss A Caregiver This Monday.**

The kiss is a symbolic gesture of respect, honor, affection, peace and love. Send a caregiver a sweet peck this week – digitally or otherwise – to let them know how much you value and love them.

#CaregiverMonday #ValentinesDay

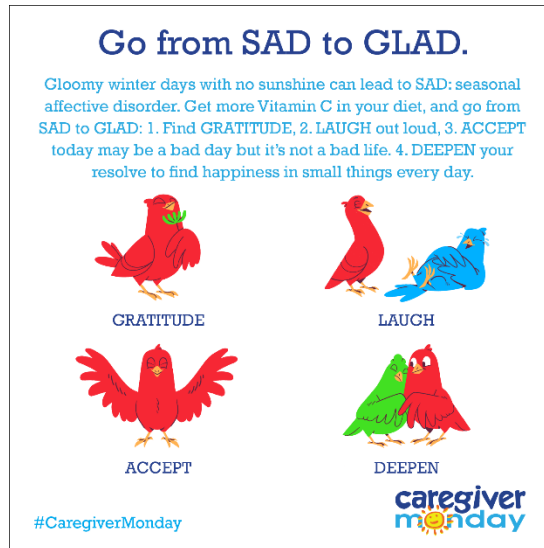


February 15

### Go from SAD to GLAD.

Gloomy winter days with no sunshine can lead to SAD: seasonal affective disorder. Get more Vitamin C in your diet, and go from SAD to GLAD: 1. Find **GRATITUDE**, 2. **LAUGH** out loud, 3. **ACCEPT** today may be a bad day but it's not a bad life. 4. **DEEPEN** your resolve to find happiness in small things every day.

#CaregiverMonday

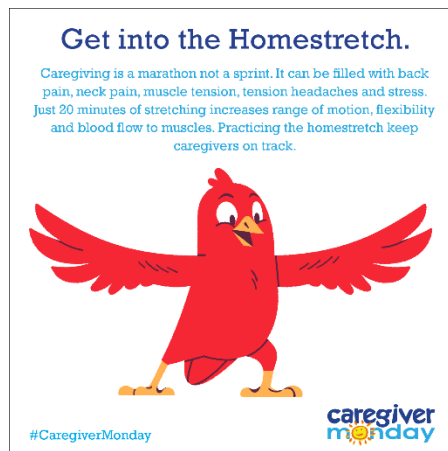


February 22

### Get into the homestretch.

Caregiving is a marathon not a sprint. It can be filled with back pain, neck pain, muscle tension, tension headaches and stress. Just 20 minutes of stretching increases range of motion, flexibility and blood flow to muscles. Practicing the homestretch keep caregivers on track.

#CaregiverMonday



(March is National Nutrition Month)

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**March 1**

**Eat the rainbow.**

Diets are tough so why not make nutrition fun by eating colorfully? See how many rainbow colors you can include in your day (red, yellow, orange, green, blue and purple). It's guaranteed to boost energy, mood and stamina.



(March 13 is World Sleep Awareness Day)

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**March 8**

**Count sheep for more sleep.**

More than 70 million people, including many caregivers, suffer from sleep debt. Try lavender pillow spray, or a nightly calming deep breathing session for 7-8 hours of rest. You can always count sheep - watch our relaxation exercise and count each one until you float away to dreamland.



(March 20 is International Day of Happiness)

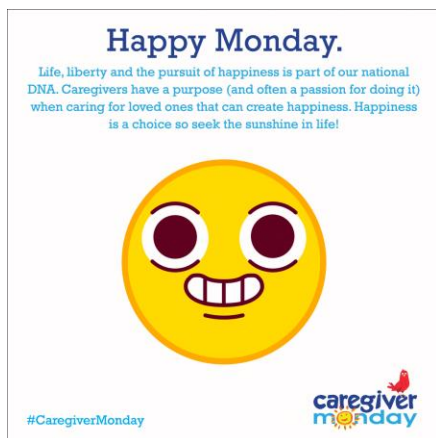
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**March 15**

**Happy Monday.**

Life, liberty and the pursuit of happiness is part of our national DNA. Caregivers have a purpose (and often a passion for doing it) when caring for loved ones that can create happiness. Happiness is a choice so seek the sunshine in life!

#CaregiverMonday #InternationalDayHappiness



(March 22 is World Water Day)

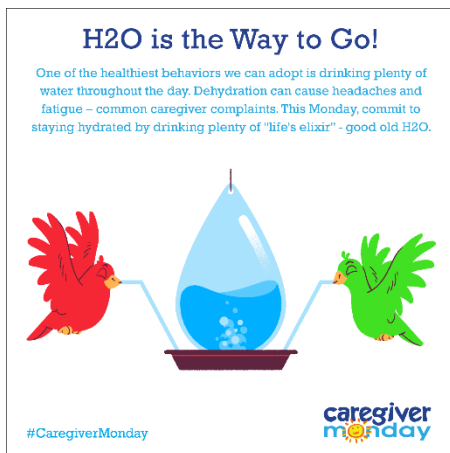
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**March 22**

**Nature's cleanse.**

One of the healthiest behaviors we can adopt is drinking plenty of water. Dehydration causes headaches, dizziness and fatigue – common caregiver complaints. Use this formula to ensure you get the correct amount of daily H<sup>2</sup>O.

#CaregiverMonday #WorldWaterDay



(Late March signals the first days of spring)

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March 29

**Take a joyride this Monday.**

Winter days are turning into first blooms of spring. Caregivers need to breathe in fresh air and marvel in nature. Take a walk or better yet, take a joyride appreciating new beginnings and the energy that accompanies springtime!

#CaregiverMonday

