



RECOMMENDED SOCIAL MEDIA MESSAGES TIMELINE

October 5 – December 28, 2020

Note: Partners are encouraged to use any of these graphic images or those created since April, 2020 in their caregiving communication efforts at any time. We invite you to create your personalized copy that relates to the Caregiver Monday messages below. We have listed certain occasions that tie into the specific assets and activities for those dates.

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

October 5

October is National Family and Work Month #NationalWorkFamilyMonth

Need a Little Face Time?

When a full body massage is out of the question, try a quick 5-minute facial self-massage right at your desk. From temples to neck - feel relaxed, more productive and energetic. As caregiver tension melts away, work-life balance returns



1
Massage temples and forehead.



2
Pinch fingers up and down nasal bridge.



3
Glide fingers across cheeks.



4
Massage neck and jawline.



5
Glide fingers across eyebrows.



6
Tap lightly over eyes and face.

#CaregiverMonday




October 12

October is Emotional Wellness Month #EmotionalWellnessMonth

How to Feel “Ducky.”

Warm soapy suds are not a luxury they are a necessity for relieving caregiver stress. It boosts immunity and relieves toxins from the body. Try a bubble bath or just washing your hands under warm, soapy water for at least 5 minutes. Let the woes melt away – it feels just ducky!



#CaregiverMonday

caregiver
monday

October 19

October is Emotional Wellness Month #EmotionalWellnessMonth

Monday Forecast: Avoid Emotional Blizzards.

Caregiving can bring emotions that rain down like hail. Try to find the calm in the storm. This guided visualization exercise help caregivers melt worries away.



#CaregiverMonday

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October 26

October 31 is Halloween

Trick or Treat?

Caregiving can bring gratitude as well as grief and guilt. The roller coaster experience can be frightening but rewarding too. Just know the superhero costume you wear every day makes you stronger in body and soul.



#CaregiverMonday

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November 2

November is National Family Caregiver Month

#NationalFamilyCaregiverMonth

Thank You to All the Caregivers.

Family caregivers can be overlooked, overwhelmed, unpaid and have very little if no time to focus on themselves but they are the essential workers in life. Remember caregiving is about caring for two lives – your loved one and you.



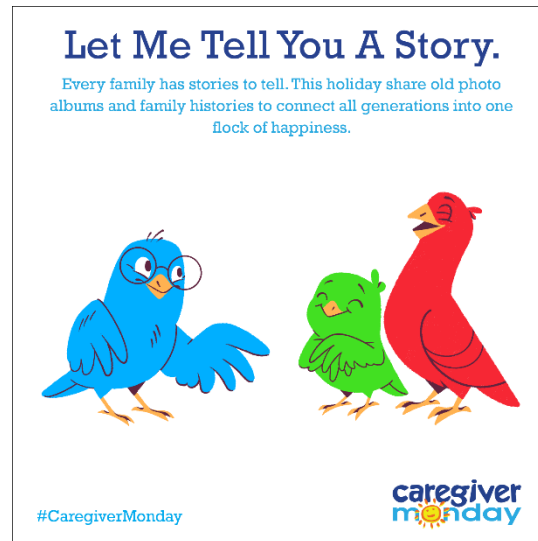
#CaregiverMonday

caregiver
monday

November 9

November is National Family Stories Month

#NationalFamilyStoriesMonth



November 16

November is National Family Caregiver Month

#NationalFamilyCaregiverMonth

Fall is Lantern Festival Season



November 23

November is National Family Caregiving Month

#NationalFamilyCaregivingMonth

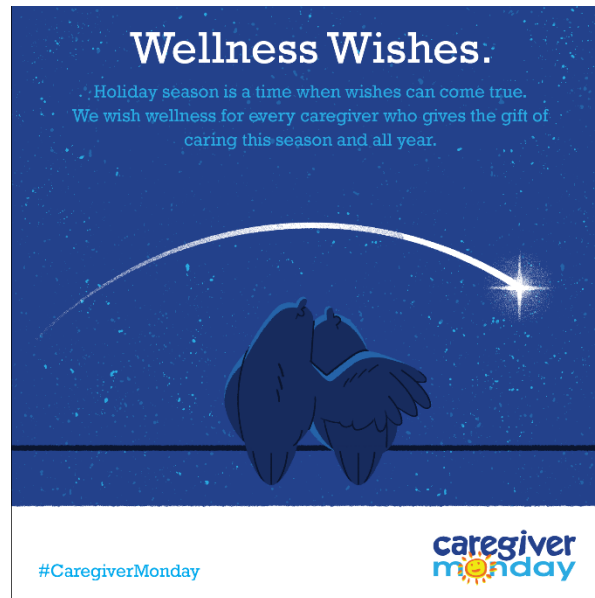
November 26 is Thanksgiving Day



November 30

November is National Family Caregiver Month

#NationalFamilyCaregiverMonth



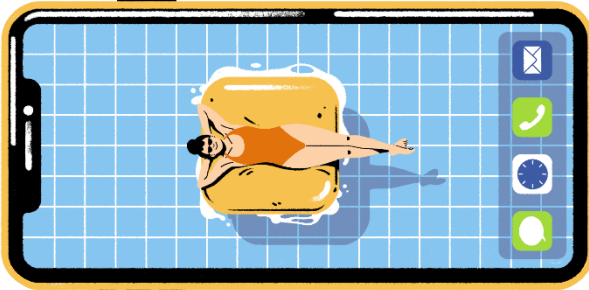
December 7

December 11 is National App Day


#NationalAppDay

Caregiver App-etizers.

There's an app for that. Caregivers can find stress relief, guided meditation, activity counters, sleep aids and more right at their fingertips. Indulge in the caregiver self-care app-etizers available!



#CaregiverMonday




December 14


December is Holiday Season – a Season of Joy

Soul Food.

Caregivers know good nutrition fuels the body but spirituality feeds the soul. Find nourishment in faith, art, music and the beauty of nature. Breathe in the wonder.

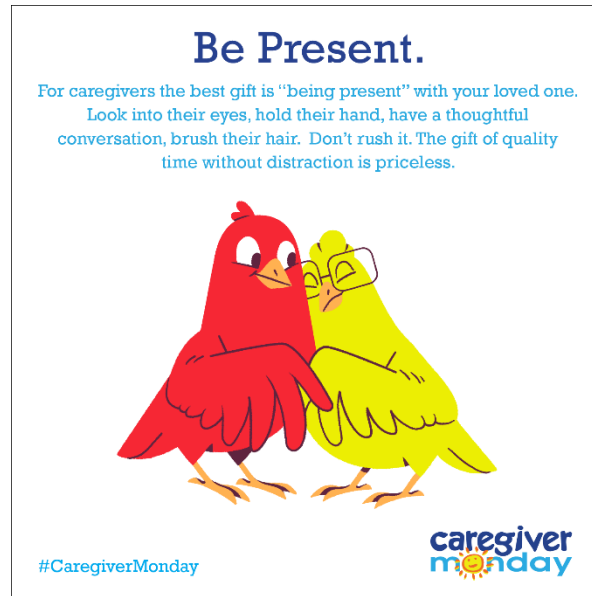


#CaregiverMonday



December 21

December is Holiday Season – A Season of Joy



December 28

New Year Means 52 new Caregiver Monday practices!

#HappyNewYear

