

STOCKTON WELLNESS CHALLENGE 2024

The Stockton Wellness Challenge Social Media Post Template is meant to promote key messages of the 21-Day Mindfulness and Stress Management Campaign advertised on social media. The Social Media Post Template includes specific sample content, shareable graphics, and key hashtag, #StocktonWellnessChallenge.

The following sample content categories, challenge/submission, encouragement, engagement, and health information, are specific topics to choose from to help you engage your audience during the campaign period.

SAMPLE CONTENT CATEGORIES:

- [Challenge/Submission](#)
- [Engagement](#)
- [Encouragement](#)
- [Health Information](#)

CHALLENGE/SUBMISSION

1. Looking for a challenge? Participate in the Stockton Wellness Challenge to practice mindfulness and stress management for 21 days! Managing stress can help improve overall health and well-being. Take the Mindfulness and Stress Management Pledge today and enter for a chance to win a \$200, \$100, or \$50 gift card!
#StocktonWellnessChallenge
2. Don't forget to take the Mindfulness and Stress Management Pledge today! Submit your Pledge Card and be entered for a chance to win a raffle for a \$200, \$100, or \$50 gift card. Mindfully practice your way to good health and stress management, Stockton!
#StocktonWellnessChallenge
3. Make practicing mindfulness and stress management a habit. It is believed that a habit is formed after completing a task for 21 days in a row. What better way to practice more mindfulness and stress management techniques than to join the Stockton Wellness Challenge? Take the Pledge — practice Mindfulness and Stress Management today!
#StocktonWellnessChallenge
4. Way to go! You completed 21 days of practicing mindfulness and stress management! Submit your Pledge Card to (Insert your organization's name here) or text a photo to 844-993-2004 to be entered into the raffle. Let's continue practicing mindfulness and stress management to make it a habit! #StocktonWellnessChallenge

ENCOURAGEMENT

1. Get creative! Start your day with a mindfulness practice you have not tried yet.
#StocktonWellnessChallenge
2. Be prepared for busy days! Plan out your day or set boundaries to help you stay on track and not feel overwhelmed.
#StocktonWellnessChallenge
3. Take a moment to let a loved one know that you are grateful for them. You may inspire them to make some choices that will positively impact their mood!
#StocktonWellnessChallenge
4. Set reminders throughout the day to take a few deep breaths to reset for the remainder of your day.
#StocktonWellnessChallenge

ENGAGEMENT

1. How are you really feeling today? Take a moment to tune into your thoughts and feelings. Focus on what you can control.
#StocktonWellnessChallenge
2. What is your favorite way to decompress or practice mindfulness? Tell us by leaving a comment below!
#StocktonWellnessChallenge
3. Take some time to encourage a family member to practice mindfulness and stress management. Make it fun by doing a mindfulness practice together, such as yoga or walking outdoors!
#StocktonWellnessChallenge
4. Today we encourage you to share three things you're grateful for on social media. Make sure to use the hashtag #StocktonWellnessChallenge.

HEALTH INFORMATION

1. Managing stress through mindfulness and healthy habits can improve one's sleep, mood, weight management, and relationships with family. Check out different ways to practice mindfulness and stress management from the Challenge Card.
#StocktonWellnessChallenge
2. Diabetes distress can lead to stress, anxiety, and even anger — emotions that 1 in 3 adults report experiencing. Mindfulness practices can improve overall health and well-being to manage these types of challenging emotions.
#StocktonWellnessChallenge
3. Long-term stress can have negative effects on heart health, increasing the risk of heart disease. Preventing and managing stress is crucial to lowering the risk of heart-related conditions, such as high blood pressure and obesity.
#StocktonWellnessChallenge
4. Learning healthy ways to cope with stress is crucial to feeling good, having meaningful connections, and getting things done. Suggestions include avoiding or taking breaks from negative news, eating nutritious, well-balanced meals, exercising regularly, getting adequate sleep, and talking with your support system, such as family and friends.
#StocktonWellnessChallenge