

Christmas 2021 - social posts

While many look forward to the Christmas holidays and relish the opportunity to spend time with loved ones, the reality is that for some, Christmas can be really tough.

The uncertainty of whether we can see loved ones this year and experience any sense of 'normality' is causing many of us to worry about what Christmas will look like. Add the likes of financial pressures, grief, family tensions, marital problems, and social anxiety to this uncertainty, and it's no wonder many can feel overwhelmed during the holiday season.

Help us increase awareness around the importance of looking after our wellbeing and mental health over the festive season.

Please help us spread the word to help reach those that might need some extra support. Feel free to copy and paste the text below and use it with our images. Make sure to tag us in so that people know we're here to help.

Twitter:

Over the festive season we often put extra pressure on ourselves which can impact our #MentalHealth.

@BenSupport4Auto has put together 12 top tips to help you look after your mental health this festive season 🙌 <https://bit.ly/3pThQGU>

Facebook:

Over the festive season we often put extra pressure on ourselves which can impact our mental health.

Mental health doesn't take time off at Christmas, and with all the added stresses, it's very important to take time to care for our wellbeing.

@Ben - Support for Life has put together 12 top tips to help you look after your mental health this festive season 🙌 <https://bit.ly/3pThQGU>

Remember, if you need someone to talk to - you can call Ben's free and confidential helpline on 08081 311 333, or chat with them online at www.ben.org.uk.

LinkedIn:

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@Ben Automotive Industry Charity has put together 12 top tips to help you look after your mental health this festive season 🖱️ <https://bit.ly/3pThQGU>

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Instagram:

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@BenSupport4Auto has shared tips to help us all look after our wellbeing this Christmas 🖱️ <https://bit.ly/3pThQGU>

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Here are some # that you can add to the end of your posts:

#Christmas

#Christmas2021

#Wellbeing

#Mental Health

#Support4Auto

#Automotive