

Social media is an increasingly important way of getting your messages and information out to the public! We’ve crafted some sample posts that speak to our “Mind Your Health” theme for May is Mental Health Month 2014 for you to use on Facebook and Twitter, but feel free to pick and choose which ones you would like to use and supplement them with information about your own events and resources. Don’t forget to use the hashtag for May is Mental Health Month - #mhmonth2014.

**Sample Facebook Posts**

May is Mental Health Month! This month, our focus is “Mind Your Health.” We’ll be featuring information about how to mind your health and why it’s important. Help us by posting your own tips, plans and goals for your health! <http://www.mentalhealthamerica.net/may> #mhmonth2014

Sleep-deprived drivers have reaction times like drunk drivers. Make sure you get enough sleep each night for your best mental health. Learn techniques to get the best rest possible at <http://www.mentalhealthamerica.net/conditions/rest-relaxation-and-exercise> #mhmonth2014

A study found that playing with dogs increased levels of joy-inducing hormones. Bet the dogs were happy too! Take time for yourself and your friends, furry or not, this month. Tag MHA in your photos of the furry friends that make you feel better! #mhmonth2014

In the long run, lottery winners are no happier than anyone else. Remember what’s important in your life, and make time to be grateful for it. Use MHA’s Live Your Life Well program to learn how, and to learn other skills to Mind Your Health: <http://www.mentalhealthamerica.net/live-your-life-well> #mhmonth2014

How well does your mental health measure up? Taking a mental health screening is a good way to check your mental health. Take one of the free, confidential mental health screenings at: <http://www.mentalhealthamerica.net/screening> #mhmonth2014

Psychologist Martin Seligman lists three important components of happiness: pleasure, engagement and meaning. Volunteering for a cause that is near and dear to you can be a great way to bring happiness to your life. Check out <http://www.volunteermatch.org> for opportunities. What was your most rewarding volunteer experience? Share with us! #mhmonth2014

Optimistic people live longer than pessimistic people. Seeing the good in the world can help you in lots of ways, large and small. Use MHA’s Live Your Life Well program to learn how, and to learn other skills to Mind Your Health: <http://www.mentalhealthamerica.net/live-your-life-well> #mhmonth2014

“It always seems impossible until it is done.” – Nelson Mandela
Change is hard, whether it’s for something big or small. One important way to stick with your goals is to remember why you decided to make the change in the first place. Here are some other ideas for working towards your goals: <http://www.mentalhealthamerica.net/when-change-hard> What works for you to keep you motivated? #mhmonth2014

The part of your brain that makes decisions is not the same as the part of your brain that explains those decisions. That’s why you may find yourself doing the opposite of what you just decided to do. Taking a deep breath and thinking through your decisions before doing anything can help minimize the difference. #mhmonth2014

If you think you may need help improving your mental health and don’t know where to get started, find out the differences between types of professionals and treatments at <http://www.mentalhealthamerica.net/conditions/finding-help-when-get-it-and-where-go> #mhmonth2014

Strong ties to family and friends increase levels of happiness. Keep connected to the people who matter to you through social media, phone calls and face to face time. Learn some techniques here: <http://www.mentalhealthamerica.net/conditions/social-support-getting-and-staying-connected>. How do you connect to the people who are important to you? #mhmonth2014

A diet high in saturated fats and refined sugars has a strong negative impact on brain proteins, which impact depression and potentially other mental health conditions. Eat healthy to help your brain stay healthy. Learn some techniques here: <http://www.mentalhealthamerica.net/conditions/healthy-diet-eating-mental-health-mind>. Have any recipes you want to share with us? #mhmonth2014

Dark chocolate is the only food shown to directly improve mood. Have a piece, and savor the good mood today. Taking time for yourself helps improve your mood and lower stress as well. Check out this recipe for Dark Chocolate Peanut Butter Banana Bites – healthy and delicious! <http://tastykitchen.com/recipes/desserts/dark-chocolate-frozen-peanut-butter-banana-bites/>
What’s your favorite dark chocolate treat? #mhmonth2014

Singing in a choir is proven to be good for your long-term mental health. Singing is a great way to boost your mood and improve your breathing, which can also reduce anxiety. What’s your favorite tune to sing along to? #mhmonth2014

According to Julia K. Boehm, Ph.D., a researcher at the Harvard School of Public Education, “health is more than just the absence of disease...my research tries to move away from a focus on the absence of poor functioning, to the things that people do well or that allow them to flourish and thrive.” Learn more about her work and the importance of positivity here: <http://www.hsph.harvard.edu/news/magazine/happiness-stress-heart-disease/> #mhmonth2014

The positive effects of laughing linger in the brain for up to 45 minutes after laughing, including the increase in depression-suppressing and immunity-boosting hormones. Enjoy a good laugh as often as possible. What always makes you laugh? #mhmonth2014

Exercise improves your physical and mental health. Boost your workout by listening to music that has the same number of beats-per-minute as your target heart rate. Check out the “ultimate workout playlist” designed by researchers at <http://www.brunel.ac.uk/news-and-events/news/news-items/ne_349175>. What’s your favorite song to sweat to? #mhmonth2014

Did you know that Omega-3 fatty acids like those in fish, may help relieve depression? Learn more about 4 popular supplements commonly used for mental health at <http://www.mentalhealthamerica.net/conditions/supplements-weighing-benefits-and-risks>. #mhmonth2014

Experiences make people happier than possessions. Interacting with new places, ideas and people are more satisfying in the long run. Check out US News and World Report’s *Best Places to Visit in the USA* at <http://travel.usnews.com/Rankings/best_usa_vacations/>. What’s your favorite place to visit? #mhmonth2014

Being stressed-out takes its toll on your mind and body. Find out how, and ways to cope with stress at <http://www.mentalhealthamerica.net/conditions/stress-coping-everyday-problems> #mhmonth2014

There are many ways to be healthy and ways to help improve your mental health. Check out the resources on our May is Mental Health Month web pages to learn quick, simple and powerful ways to improve your mind and body at: <http://www.mentalhealthamerica.net/may> #mhmonth2014

**Sample Twitter Posts**

May is Mental Health Month – Mind Your Health – Learn more: <http://bit.ly/1jB6ob9> #mhmonth2014

Take care of your body and mind -Mental Health Month <http://bit.ly/1jB6ob9> #mhmonth2014

Mental Health is Integral to Overall Health- May is Mental Health Month--Mind Your Health <http://bit.ly/1jB6ob9> #mhmonth2014

Learn how to cope with stress –Mind Your Health– May is Mental Health Month Learn more at <http://bit.ly/1jB6ob9> #mhmonth2014

Build Your Social Support –Mind Your Health: May is Mental Health Month-Find out more at <http://bit.ly/1jB6ob9> #mhmonth2014

Eat with Your Mental Health in Mind - May is Mental Health Month- Find out more at <http://bit.ly/1jB6ob9> #mhmonth2014

Know When to Get Help and Where to Find It - May is Mental Health Month <http://bit.ly/1jB6ob9> #mhmonth2014

Learn how to take good care of your body and mind: May is Mental Health Month-Find out more at <http://bit.ly/1jB6ob9> #mhmonth2014

Research shows social support wards off effects of stress on depression - May is Mental Health Month- <http://bit.ly/1jB6ob9> #mhmonth2014