Act Belong Commit

**Feelgood Feb – Social media posts**

| **Copy** | |  |
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| **4th February**  Take a picture of 3 things… | Check out the @ActBelongCommit for more daily activities that are fun to do and really good for you. |  |
| **5th February**  Be kind to yourself… | Get out of your head and into a bubble bath! For more Feb Feelgood activities and tips head to @ActBelongCommit. |  |
| **15th February**  If you are waiting in line today… | Feel good this Feb by doing something for someone else. All it takes is a quick text or phone call.  For more daily tips head to @ActBelongCommit |  |
| **24th February**  Reflect on steps… | Stopping to reflect is a great way to get going again. Check out @ActBelongCommit for more daily wellness activities. |  |
| **28th February**  Give constructive feedback… | When giving someone feedback always start your sentence with ‘I feel…’ For more Feb Feel Good activities and tips head to @ActBelongCommit |  |