

# MESSAGING

The Messaging subcommittee has created a single message focus for each quarter. Below are the graphics for social media outreach for the next two quarters.

APRIL – JUNE 2022

**Taking care of YOU**

**TAKE 5**

**Take 5 minutes for yourself when you need it.**

This could be taking a walk, stepping away from your computer, listening to your favorite song, or simply taking slow, deep breaths -- whatever lightens your mood.



JULY – SEPTEMBER 2022

**SHARE 5**

compliments      high fives

words of affirmation

**Share kindness with 5 people today.**

