SOCIAL MEDIA READY RESOURCES

**HOW TO TACKLE FEELING STRESSED OUT TODAY**

*Please use the text and images to form your social media post which can link to our Ethos Blog for more resources. You have permission to use and amend this text and image for your school context*

*COPY & PASTE –*

**POST OPTIONS**

**Post 1 OPTION:**

When stress starts to impact both our emotional and physical health then it is time to pay attention. Here’s what you can do when you find yourself on the edge: <https://www.grace-foundation.org.uk/stress>

**Post 2 OPTION:**

A recent survey said that 74% of people felt stressed or overwhelmed at some point over the last year. Here’s how we can beat it together. <https://www.grace-foundation.org.uk/stress>

**PICTURE OPTIONS OVERLEAF**

A picture containing blue

Description automatically generated

Graffiti on a wall

Description automatically generated