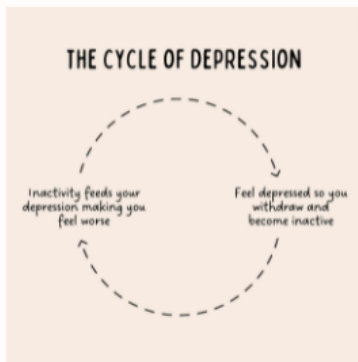


Client: Georgian College: Student Wellness Network

Ask: Three social media posts per week (Instagram and Facebook)

Goals: Appeal to college-age student population, focus on mental wellness, suggest mental health strategies, and normalize/destigmatize mental health



- ### TODAY'S REMINDERS
- 1) You are allowed to take a break
 - 2) You are worth more than your appearance
 - 3) Pay attention to how you talk to yourself
 - 4) You don't have to be happy all the time
 - 5) You are allowed to change your plans
 - 6) It's okay if you make a mistake
 - 7) You mean a lot to someone

