Social copy amends – Mental Health Spring

**Phase 1 social**

**Post 1**

When things still feel uncertain, looking after yourself is more important than ever. Find practical tips to help Clear Your Head at [www.clearyourhead.scot](http://www.clearyourhead.scot) #ClearYourHead

**Post 2**

These are difficult times but moving more or even just taking a breather really can make you feel better. For more tips on how you can be kind to your mind during the coronavirus outbreak go to www.clearyourhead.scot

#ClearYourHead

**Post 3**

Have these difficult times made you feel anxious, worried or stressed? Find simple ways to Clear Your Head that may help you cope with the ongoing situation at www.clearyourhead.scot #ClearYourHead

**Post 4**

Being apart from friends and family for this long can leave you feeling alone, but there are things you can do to help you stay positive, like moving more or getting in touch with a loved one. Find practical tips at [www.clearyourhead.scot](http://www.clearyourhead.scot) #ClearYourHead

**Phase 2 social**

**Post 1**

It’s natural to feel fine one moment and down the next, especially when missing friends and family. For practical tips to help Clear Your Head visit [www.clearyourhead.scot](http://www.clearyourhead.scot) #ClearYourHead

**Post 2**

Not being able to see people for a while can leave you feeling alone. Getting in touch with a loved one is a great way to brighten your day and theirs. Find more ways to Clear Your Head during the coronavirus outbreak at www.clearyourhead.scot #ClearYourHead

**Post 3**

Being apart from friends and family for this long can leave you feeling fine one moment and down the next. Just going outside or even moving a bit can really help settle your mind. For more tips to help Clear Your Head visit www.clearyourhead.scot #ClearYourHead