Way	Platform	Suggested Copy
Connect	FB	Staying connected is key to wellbeing! Our **6 Ways to Wellbeing hub** has **guides and short videos** with practical tips for keeping in touch, building relationships, and feeling supported. Whether it's a quick call, joining a local group, or spending quality time with family, small steps make a big difference. We also include advice for life events like moving house, caring for someone, exams, or retirement. 💛 **What's one way you could connect today?** Explore more: https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
	IG	Feeling supported starts with connection. Our **guides and videos** show simple ways to reach out to friends, family, or your community, with tips tailored to different life situations like exams, retirement, or bereavement. 🌟 **What works for you?** https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
	LI	Strong connections support mental wellbeing. Our **6 Ways to Wellbeing hub** provides detailed guides and short videos with practical tips for individuals and organisations, including tailored advice for life events like exams, retirement, caring responsibilities, or moving house. **How could you connect today?**

		Explore: https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
Be Active	FB	Movement supports mental and physical wellbeing! Our **6 Ways to Wellbeing guides and videos** show practical ways to get moving every day, from short walks to home workouts. The hub also includes tips tailored to life events such as caring responsibilities, exams, moving house, or retirement. Small steps every day can lift mood, increase energy, and boost resilience. 🏃‍♂️ **What activity could you try today?** Explore more: https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
	IG	Being active can lift your mood and reduce stress. Our **guides and short videos** show practical ideas for different life situations, from daily walks to home workouts or gentle stretching. 💪 **What works for you?** https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
	LI	Staying active is vital for wellbeing. Our **hub includes guides and videos** with practical ways for individuals, teams, and communities to move more, plus tailored tips for life events like exams, retirement, and caring responsibilities. **How do you stay active each day?** Explore: https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
Keep Learning	FB	Trying new things keeps your mind sharp and wellbeing strong!

		Our **guides and short videos** show practical ways to learn new skills, hobbies, or knowledge, with advice for different life situations like retirement, exams, caring responsibilities, or post-natal life. Learning something new can boost confidence, give a sense of purpose, and add enjoyment to daily life. 📚 **What's something new you could try this week?** https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
	IG	Keep learning to support your wellbeing! Our **guides and videos** share practical tips for trying new hobbies, skills, or knowledge, with advice tailored to life changes like exams, retirement, or caring responsibilities. 🌟 **What works for you?** https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
	LI	Lifelong learning enhances wellbeing. Our **6 Ways to Wellbeing hub** offers detailed guides and short videos with practical tips for individuals and teams, including tailored advice for life events like exams, retirement, or caring roles. Learning something new builds confidence and engagement. **What will you try today?** Explore: https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
Take Notice	FB	Slowing down and paying attention can reduce stress and improve wellbeing. Our **guides and short videos** show practical ways to notice the world around you, from mindfulness and enjoying nature to appreciating small positives in daily life.

		The hub includes tips for life events like moving house, exams, caring, or retirement. 🌿 **What could you notice today?** https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
	IG	Take a moment to notice the world around you. Our **guides and videos** share practical mindfulness tips and strategies for life situations like exams, caring, or retirement. 🌸 **What works for you?** https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
	LI	Mindfulness and taking notice support wellbeing. Our **6 Ways to Wellbeing hub** offers guides and videos with practical tips for individuals, teams, and communities, including advice tailored to exams, retirement, or caring responsibilities. **What small step could you take today to take notice?** Explore: https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
Give	FB	Giving helps both the giver and the receiver! Our **guides and videos** share practical ways to give, from small acts of kindness to volunteering, with tips for different life situations like retirement, caring, moving house, or post-natal life. Helping others strengthens connections and improves mood.

		💛 **What could you do to give today?** https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
	IG	Acts of kindness support wellbeing! Explore our **guides and videos** for practical ways to give, with tips tailored to exams, caring, retirement, or post-natal life. 🤝 **What works for you?** https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
	LI	Giving strengthens both connections and wellbeing. Our **6 Ways to Wellbeing hub** provides detailed guides and videos with practical tips for individuals, teams, and communities, including life-event advice for caring, retirement, exams, and more. **How could you give today?** Explore: https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
Financial wellbeing	FB	Financial wellbeing matters! Our **guides and short videos** give practical steps to manage money, reduce stress, and feel more in control, with tips tailored for life events like retirement, moving house, or exams. Planning, budgeting, and small daily steps can make a big difference. 💰 **What small step could help your finances today?** https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
	IG	Money worries can affect your wellbeing. Our **6 Ways to Wellbeing guides and videos** show practical tips to manage finances, with advice tailored to exams, retirement, or moving house.

		💵 **What works for you?** https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/
	LI	Financial wellbeing is part of mental health. Our **hub offers detailed guides and short videos** with practical tips for managing money, reducing stress, and supporting individuals and teams, including advice tailored to life events like retirement, exams, or moving house. **What small step could you take today?** Explore: https://westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/six-ways-to-wellbeing/