**Wellness Week Social Media Captions**

**El Dorado County Youth Commission Wellness Week**

**Youth Commission Intro Post\_November 19**

Caption: The El Dorado County Youth Commission is a group of dedicated high school students who have volunteered to represent the voice of our youth.

Watch this video to learn more about who they are and their focus to support mental health and wellness amongst their peers.

**Wellness Week Kick Off Post\_Nov 26:**

*Alt text: pastel yellow sunrise over blue and pink hills, logo El Dorado County Youth Commission, logo El Dorado County Office of Education, logo Boys and Girls Club El Dorado County Western Slope logo, logo El Dorado County*

***Caption: ​​***

Rise and Shine it’s Wellness Week! Starting next week, November 29 to December 3, the El Dorado County Youth Commission encourages increased promotion and awareness of wellness among El Dorado County youth through participation in their annual Wellness Week.

The goal of this outreach week will be continued awareness of existing services and working towards a community inclusive of mental health and wellness discussions and services.

Wellness is defined as the quality or state of being healthy in body and mind, especially as the result of deliberate efforts. Good health is as much about our mental, emotional and spiritual state as it is our physical condition.

What deliberate efforts can we make in support of our own wellness this week?

Thank you to our Wellness Week sponsors and partners in wellness: El Dorado County Office of Education, Boys and Girls Club El Dorado County Western Slope, Marshall Medical Center, and El Dorado County Board of Supervisors.

**Movement Monday\_Nov 29**

*Alt text: blue fitness watch showing heart rate and step counts set in front of red heart with pink pulse line, logo El Dorado County Youth Commission*

***Caption:***Get Moving! According to the Centers for Disease Control and Prevention, physical activity can make you feel better, function better and sleep better.

In support of physical wellness, consider spending 20-30 minutes today being active; go for a walk with a trusted friend, lift weights, go for a bike ride, skateboard, have a dance party, stretch. Whatever you choose to do to get moving, thank you for supporting your wellness.

Wellness Week: November 29 to December 3, the El Dorado County Youth Commission encourages increased promotion and awareness of wellness among El Dorado County youth, noting reach out, connect and choose wellness. Learn more at YCHEALTH.org.

**Time to Unwind Tuesday\_Nov 30**

*Alt text: woman standing in blue pants, purple top and purple shoes reading paper with colored pencils placed to her left, logo El Dorado County Youth Commission*

***Caption:***Take Time to Unwind. According to the World Health Organization, taking a few minutes to do something you enjoy every day is important to help maintain and manage stress.

What is your favorite thing to do? Maybe it’s reading, drawing, painting, journaling, or playing basketball? Whatever you enjoy, make time to appreciate it today.

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**Wilderness Wednesday\_Dec 1**

*Alt text: three green trees on white background, logo El Dorado County Youth Commission*

***Caption:***Take a Break from your Screens. The World Health Organization reminds us to unplug from our screens and social media. Too much screen time and information overload can be overwhelming. Make an effort today to get outside and get at least 20 minutes of fresh air with no screen time.

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**Talk-it-Out Thursday\_Dec 2**

*Alt text: silhouette of a woman with red hair and yellow shirt faced forward talking on a phone and text bubble to her left, logo El Dorado County Youth Commission*

***Caption:***Did you know that expressing your gratitude to another and connecting with your peers can increase your own happiness? The World Health Organization suggests connecting with a trusted friend and sharing your emotions and feelings can help decrease stress. Additionally, a study at Harvard University notes that expressing gratitude leads to more positive emotions and good experiences. Take a minute today to thank someone in your life and/or reach out to connect with a friend.

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**Kindness Friday\_Dec 3:**

*Alt text: dark navy background with yellow decorative text in a circular format stating “be kind and compassionate”, logo El Dorado County Youth Commission*

***Caption:***You made it through the week! Today and every day let’s remember kindness. According to Cedars-Sinai, acts of kindness can release hormones that contribute to your mood and overall wellbeing and help you feel calm. How many kind acts can you complete today? 3? 7? 257!? It’s up to you, but everyone wins with kindness!

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