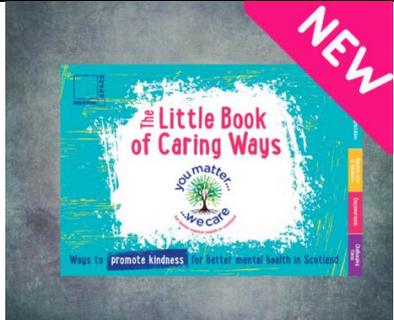


Social Media Planner (Sept'20 –Feb'21)

Promotion of Caring Ways booklet	Format	Date	Image
<p>Caring relationships matter, particularly in times of change and challenge.</p> <p>A new booklet from Breathing Space explores the importance of kindness for better mental wellbeing.</p> <p>Check it out here.</p>	PNG	Sept-Dec	
<p>It can sometimes be hard to say 'no', 'I can't' or 'I don't agree'. But creating healthy boundaries is one way to practise self-kindness.</p> <p>See Breathing Space's Little Book of Caring Ways for more top tips.</p> <p>#YouMatterWeCare</p>	MP4	Sept-Dec	
<p>Mental wellbeing is linked to the quality of our relationships with friends, family and the wider community.</p> <p>The Little Book of Caring Ways looks at ways to promote kindness and everyday positive relationships.</p> <p>#YouMatterWeCare</p>	MP4	Sept-Dec	
<p>The Little Book of Caring Ways from Breathing Space looks at the impact of kindness on mental wellbeing.</p> <p>If you're struggling right now, advisors at Breathing Space can provide compassion, listening and advice.</p> <p>#YouMatterWeCare</p>	PNG	Any	

General Posts	Format	Date	Image
<p>It's not easy talking about problems and emotions. We find it hard to open up.</p> <p>That's why there's Breathing Space.</p> <p>They try to make it easier to talk about what you're going through.</p> <p>#YouMatterWeCare</p>	PNG	Any	
<p>This World Mental Health Day, remember that it's okay not to be ok.</p> <p>If you're feeling low, anxious or stressed you can call Breathing Space on 0800 83 85 87 for listening and advice.</p> <p>www.breathingspace.scot</p>	PNG	World Mental Health Day 10 th October	
<p>The 'You Matter, We Care' campaign by Breathing Space, Scotland's mental health phone service, is about promoting kindness and everyday positive relationships.</p> <p>How will you #MakeSomeonesDay today?</p> <p>To find out more about Breathing Space visit www.breathingspace.scot</p>	PNG	St Andrew's Day 30 th November	
<p>It's National Breathing Space Day on 1st February!</p> <p>Whether it's a walk in the park, catching up with friends, or a relaxing bath - make time for your mental wellbeing.</p> <p>How will you be taking some 'breathing space' today?</p> <p>#YouMatterWeCare</p>	MP4	Breathing Space Day 1 st February	

<p>Breathing Space's 'You Matter, We Care' campaign is all about promoting kindness everyday positive relationships for better health.</p> <p>Remember that you are not alone. Talking about how you feel is a positive first step in getting help.</p> <p>Call Breathing Space on 0800 83 85 87.</p> <p>#RAKDay #YouMatterWeCare #mentalhealth</p>	PNG	Random Acts of Kindness Day 17 th February	
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