

# Clear Your Head

## Social posts

### ***Facebook***

Post Copy: If you're feeling a little low this winter, catching up with a pal outdoors can help to lift your spirits.

Headline: Get tips to lift spirits

### ***TikTok***

Post Copy: If you're feeling a little low this winter, catching up with a pal outdoors can help to lift your spirits.

### ***Snapchat***

Headline (same headline as Facebook): Get tips to lift spirits

### ***Twitter***

Post Copy: If you're feeling a little low this winter, catching up with a pal outdoors can help to lift your spirits.

Headline: Get tips to lift spirits

### ***Reddit***

Post Copy: If you're feeling a little low this winter, catching up with a pal outdoors can help to lift your spirits.