

## 20-21 Scottish Government - Clear Your Head – Social text - January 2021

### 'Waking up' social static



#### **Facebook (25/175 characters)**

Get more daylight

January can feel bleak, but the sunrises are beautiful. Try getting more daylight to help boost your mood and #ClearYourHead Find tips [insert arrow] [clearyourhead.scot/winter](https://clearyourhead.scot/winter)

#### **Instagram (175 characters)**

January can feel bleak, but the sunrises are beautiful. Try getting more daylight to help boost your mood and #ClearYourHead Find tips [insert arrow] [clearyourhead.scot/winter](https://clearyourhead.scot/winter)

#### **Twitter (131 characters)**

Enjoying daylight in the mornings can help to boost your mood and #ClearYourHead Find tips [insert arrow] [clearyourhead.scot/winter](https://clearyourhead.scot/winter)

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### 'Garden' social static

#### **Facebook (25/168 characters)**

Feel good inside

You may feel a bit blue at this time of year. Try getting active outside to help you feel good inside. Find tips [insert arrow] [clearyourhead.scot/winter](https://clearyourhead.scot/winter) #ClearYourHead

**Instagram (168 characters)**

You may feel a bit blue at this time of year. Try getting active outside to help you feel good inside. Find tips [insert arrow] [clearyourhead.scot/winter](https://clearyourhead.scot/winter) #ClearYourHead

**Twitter (122 characters)**

Getting active outside can help you to feel good inside. Find tips [insert arrow] [clearyourhead.scot/winter](https://clearyourhead.scot/winter) #ClearYourHead

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**'Cosy tea' social static**

**Facebook (25/164 characters)**

Look after your wellbeing

Getting cosy and lighting candles can help January's long, dark evenings to feel a bit less bleak. Find tips [insert arrow] [clearyourhead.scot/winter](https://clearyourhead.scot/winter) #ClearYourHead

**Instagram (171 characters)**

Dark evenings can feel bleak, but lighting candles is a good way to relax and look after your wellbeing. Find tips [insert arrow] [clearyourhead.scot/winter](https://clearyourhead.scot/winter) #ClearYourHead

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**'Short walk' social static**

***Facebook (189 characters)***

When things are tough, it can be easy to reach for a pick-me-up like alcohol. But a short walk is better for boosting mood. Find tips [insert arrow] [clearyourhead.scot/winter](https://clearyourhead.scot/winter) #ClearYourHead

***Twitter (146 characters)***

It can be easy to reach for alcohol, but a walk is far better for boosting mood. Find tips [insert arrow] [clearyourhead.scot/winter](https://clearyourhead.scot/winter) #ClearYourHead

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**Endframe social static**

The coronavirus pandemic has had a real impact on how many of us are feeling. Support is there so reach out if you need to talk to someone [insert arrow] [clearyourhead.scot/winter](https://clearyourhead.scot/winter) #ClearYourHead

OR

We're supporting the Scottish Government's Clear Your Head campaign. The coronavirus pandemic has had a real impact on how many of us are feeling. Support is there so reach out if you need to talk to someone [insert arrow] [clearyourhead.scot/winter](https://clearyourhead.scot/winter) #ClearYourHead