**Social media content: Talk to Eric**

**January & February**

**Dry January:**

Are you doing #DryJanuary? As the end draws nearer, here’s five ways to stay focused and reach your goal...

**SAD:**

Sometimes the ‘winter blues’ just won’t go away. It could turn out to be seasonal affective disorder, a condition thought to be caused by reduced exposure to sunlight. This is some of what we know...

**Stress & Burnout:**

*Facebook:*

At a time when it’s harder than ever not to feel like you’re ‘always-on’, here are three ways you can make working from home work for you.

#stress #mentalhealth #wellness #covid #selfcare #stressrelief

Don’t get burned out. It’s easy for life to get on top of us, which is why we need to make sure we make time for the things that matter. Family, friends, our health.

Here’s four ways to help maintain your mental and physical well-being.

#stress #burnout #mentalhealth #wellness #covid #selfcare #stressrelief

*LinkedIn:*

Many of us feel like we’re ‘always-on’ as we look to strike the perfect work-life balance at a time when the two have become more intertwined than ever before. To avoid stress, we need to start new healthy habits and try and maintain the rituals that we once had. Start the day as you once did, and make time for family, friends and fitness, and you can help reduce stress in your new working life.

#stress #mentalhealth #wellness #covid #selfcare #stressrelief

Almost a quarter of us feel burned out. As we continue to juggle life amid a world of uncertainty, it’s not hard to see why so many of us feel this way. But you don’t have to let the world get on top of you. A focus on the things that really matter – family, friends and your health and wellbeing – can help relieve the stress of the modern world.

#stress #burnout #mentalhealth #wellness #covid #selfcare #stressrelief

**Keeping healthy habits:**

*Facebook*

Still keeping to your new year resolutions? When it comes to healthy habits, small changes to your daily routines can make a big difference.

#wellness #health #wellbeing

*LinkedIn*

To create new healthy habits, going big isn’t the answer. For long-lasting change, small changes can make a big difference.

#workhealth #productivity #healthcare #PersonalDevelopment #Motivation #selfhelp

**World Cancer Day:**

*Facebook*

Did you know that more than one third of cancers are preventable? Today is /worldcancerday (tag organisation), what better time to start making changes to your life?

#WCD2021 #IAmAndIWill #WorldCancerDay2021 #WorldCancerDay

*LinkedIn*

Can you do anything to prevent cancer? At least one third of cancers are preventable if you make the right changes to your work and home life. Start today on World Cancer Day...

[#WorldCancerDay](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.linkedin.com_feed_hashtag_-3Fkeywords-3Dworldcancerday-26highlightedUpdateUrns-3Durn-253Ali-253Aactivity-253A6762021823853953024&d=DwMGaQ&c=WlnXFIBCT3pmNh_w8hYeLw&r=9fUAw2XwguMPx5R_tU4uGPo0M8lTK7JHY6uJ53GqDCM&m=TDoc2dcjP9Mnx8eb45I_I7IEJA700Ow8Yn5l2VaMXpg&s=U6ift78Vb3QThYJhEPjxYje6pSK5riISg3AowPkYG8A&e=) [#IAmAndIWill](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.linkedin.com_feed_hashtag_-3Fkeywords-3Diamandiwill-26highlightedUpdateUrns-3Durn-253Ali-253Aactivity-253A6762021823853953024&d=DwMGaQ&c=WlnXFIBCT3pmNh_w8hYeLw&r=9fUAw2XwguMPx5R_tU4uGPo0M8lTK7JHY6uJ53GqDCM&m=TDoc2dcjP9Mnx8eb45I_I7IEJA700Ow8Yn5l2VaMXpg&s=p8h5C9LYrZAjIzJY4DFkWD8G0LegGkfpZyWdrmaM2EA&e=) [#healthcare](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.linkedin.com_feed_hashtag_-3Fkeywords-3Dhealthcare-26highlightedUpdateUrns-3Durn-253Ali-253Aactivity-253A6762021823853953024&d=DwMGaQ&c=WlnXFIBCT3pmNh_w8hYeLw&r=9fUAw2XwguMPx5R_tU4uGPo0M8lTK7JHY6uJ53GqDCM&m=TDoc2dcjP9Mnx8eb45I_I7IEJA700Ow8Yn5l2VaMXpg&s=qNsFIlKHLrKPMMhD47kr3SrjkGxnZ8qCWE6xJwNK9kY&e=)

**Chinese New Year:**

This Friday is the start of Chinese New Year. Expect to see this character depicted in many different places, as Chinese people all over the world hope for happiness in the year ahead, the year of the Ox. What rituals do you have to bring good luck?

A happy new year to our Chinese friends and colleagues all over the world as they welcome the Year of the Ox, the second of the Zodiac animals, renowned for being honest, reliable and hard working.

Chinese New Year begins today

#YearoftheOx #ChineseNewYear #ChineseNewYear2021