



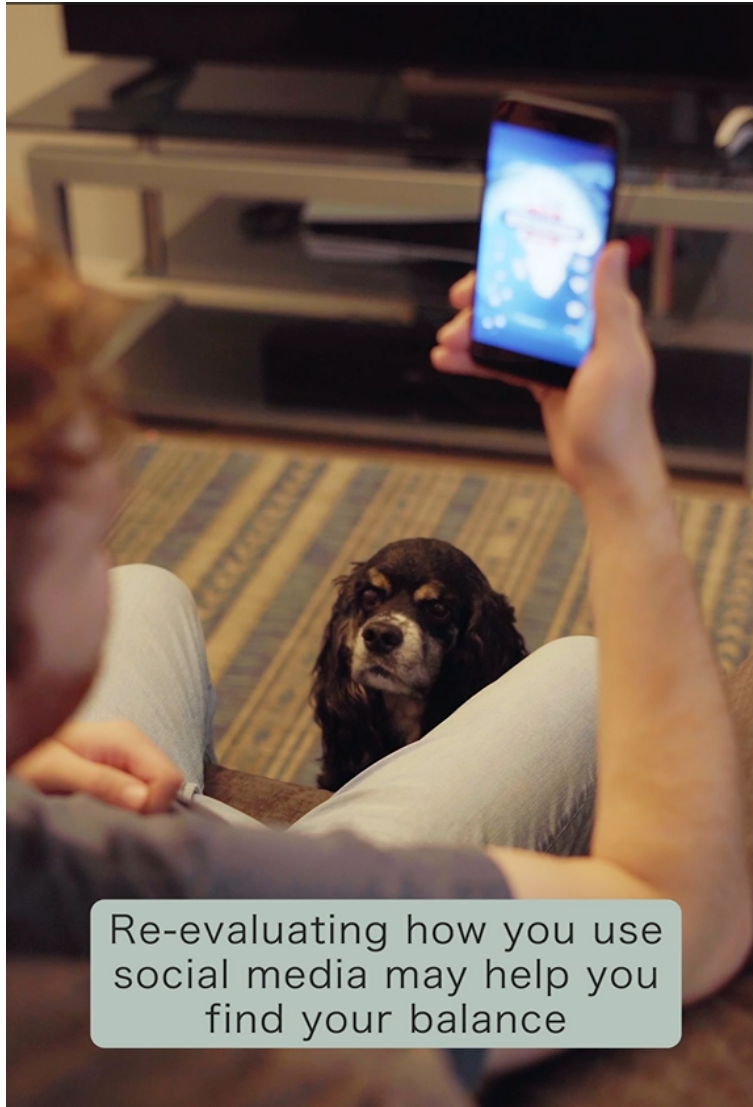
NMDOH will post toolkit assets daily at 8 a.m. from Oct. 3 through Oct. 9 and again on Oct. 11.

Partners can reshare these posts from our social media accounts ([Facebook](#), [Instagram](#), [Twitter/X](#)) or post assets themselves. Please download the original graphics and video from [TakeABreakNM.org](#).

Date	Content	Suggested Caption
10/3 Graphic Post: Mental Health Day - Facebook cover photo	 A rectangular graphic with a light green background. On the left, there is a stylized sunburst made of white and grey bars. In the center, the text 'Mental Health Day' is written in bold black font, with 'OCTOBER 10' in smaller black font below it. To the right of the sunburst, the text 'Take a social media break with us.' is written in a grey sans-serif font. At the bottom right, there is a dark green rounded rectangle with the white text 'TakeABreakNM.org'.	<p>This #MentalHealthDay, take a break from your apps to help understand and adjust your use for a healthier relationship with social media.</p> <p>Find resources and assessment tools at TakeABreakNM.org.</p> <p>#TakeABreakNM #NMhealth</p>
10/3 Graphic Post: Mental Health Day logo - square	 A square graphic with a light green background. In the center, there is a stylized sunburst made of white and grey bars. Overlaid on the sunburst is the text 'Mental Health Day' in bold black font, with 'OCTOBER 10' in smaller black font below it. At the bottom center, there is a dark green rounded rectangle with the white text 'TakeABreakNM.org'.	<p>Social media can help us feel positive and connected, but sometimes we can feel lonely and disconnected when using it, too.</p> <p>This #MentalHealthDay, take a break from your apps to help understand and adjust your use for a healthier relationship with social media.</p> <p>Find resources and assessment tools at TakeABreakNM.org.</p> <p>#TakeABreakNM #NMhealth</p>

10/4

Video Post:
TakeABreak.m
ov



Social media can be a place to connect and find support, and can even be a stage for our creativity. At the same time, it can lead to comparison, perfectionism, and isolation.

Taking a break from social media can help you understand and adjust your use. Find resources and assessment tools at TakeABreakNM.org.

#TakeABreakNM #MentalHealthDay
#NMhealth

10/5

Video Post:
Connected -
mobile video



We're more
connected
than ever, and
that can
sometimes be
overwhelming.

Sometimes, you just need a break. This #MentalHealthDay, consider taking a break from social media to help understand how it impacts you in your life.

Find resources and assessment tools at TakeABreakNM.org.

#TakeABreakNM #NMhealth
#MentalHealthDay

10/6

Graphic post:
Statistic -
square



Do you know how much time you spend on social media on an average day? What situations, thoughts, or feelings generally prompt you to browse apps?

Explore how social media impacts you and find tools that can help you create a healthier relationship with it.

Learn more at TakeABreakNM.org.

#TakeABreakNM #NMhealth
#MentalHealthDay

10/7

Video Post:
Self-care -
mobile video



SELF-CARE
SELF-CARE
SELF-CARE
SELF-CARE
SELF-CARE

When life gets stressful, we often reduce self-care. For most of us, self-care takes practice, and that's okay!

You are not alone and resources are available to help guide you towards a deeper connection with yourself and others. Learn more at TakeABreakNM.org.

If you or someone you know is struggling or in crisis, help is available. Call or text TALK to 988 or chat 988lifeline.org

#TakeABreakNM #NMhealth
#MentalHealthDay

10/8

**Carousel
Graphic Post
(2 graphics):**

Quote carousel
post 1 - square

And

Quote carousel
post 2 - square



TakeABreakNM.org



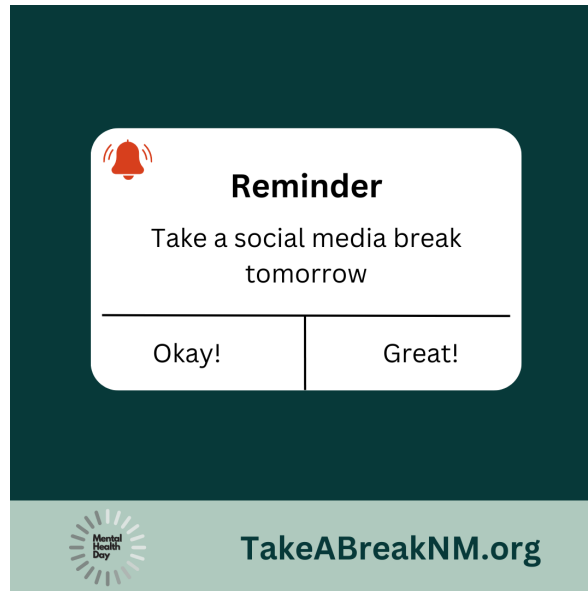
Find resources for both youth and adults to understand the impacts of social media and take care of your mental health at TakeABreakNM.org.

If you or someone you know needs support now, call or text TALK to 988 or chat 988lifeline.org.

#TakeABreakNM #NMhealth
#MentalHealthDay

10/9

Graphic Post:
Reminder -
square



Tomorrow's #MentalHealthDay! Join us in taking a break from social media and practicing some self-care.

Visit TakeABreakNM.org to find resources to help you assess the role of social media in your life.

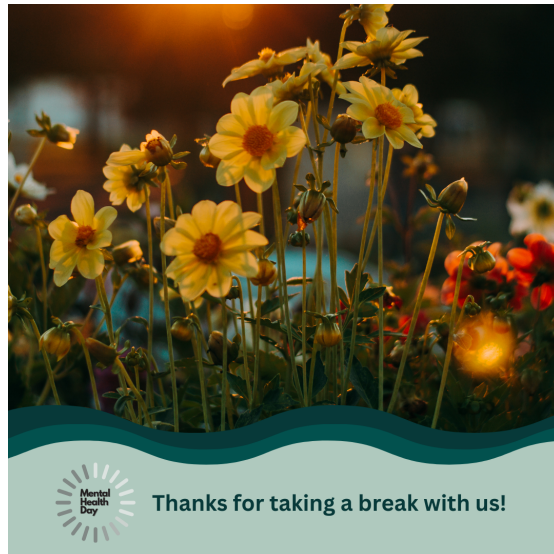
#TakeABreakNM #NMhealth

10/11

Graphic post:
Thanks for
Taking a Break

Or

Video post:
Thanks For
Taking a Break
- mobile video



Or



Thanks for joining us in celebrating
#MentalHealthDay and taking a brief
break from social media.

Visit TakeABreakNM.org anytime to find
tools for assessing social media use
and links to mental health resources.

If you or someone you know needs
support now, call or text TALK to 988 or
chat 988lifeline.org.

#TakeABreakNM #NMhealth
#MentalHealthDay

