



Live Life Well Week Social Media Toolkit

Join Glenbard High School District 87 and the PLT in promoting Live Life Well Week! Share these social media posts to your accounts during the week of February 17th. The goal of Live Life Well Week is to encourage teens to take a few moments out of their day to focus on their mental health and well-being. The more likes and shares, the more people these posts will reach!

Facebook	
MONDAY, FEBRUARY 17TH	<p>Welcome to Live Life Well Week! This week, we're shining a light on teen mental health and well-being with themes like motivation, gratitude, mindfulness, and growth.</p> <p>Start the week strong and participate in MOTIVATIONAL MONDAY by asking your teen, "What's one positive thing you want to accomplish this week?" Encourage them to set a small, achievable goal to build confidence and momentum.</p>
TUESDAY, FEBRUARY 18TH	<p>TALK IT OUT TUESDAY: Talking about mental health with your teen can feel challenging, but it's one of the most impactful ways to support them. Start with simple prompts like "How are you really feeling today?" or "What's been on your mind lately?". Showing that you're there to listen can make all the difference. Share in the comments a conversation starter that has worked well with your teen.</p>
WEDNESDAY, FEBRUARY 19TH	<p>WELLNESS WEDNESDAY: Wellness goes beyond physical health—it's about finding what works for your teen. From journaling to walking to trying a creative activity, small actions can make a big impact on their well-being. Encourage your teen to try something new today. What's their favorite way to practice self-care? Share your tips below!</p>
THURSDAY, FEBRUARY 20TH	<p>THANKFUL THURSDAY: Gratitude has the power to boost happiness and reduce stress. Take a moment to reflect with your teen by asking them "What's one thing you're thankful for today?"</p> <p>Modeling gratitude helps them develop this powerful habit. Share what you and your family are thankful for below in the comments!</p>
FRIDAY, FEBRUARY 21ST	<p>FEEL-GOOD FRIDAY: End the week on a positive note by encouraging your teen to do one thing that makes them smile! Whether it's listening to their favorite playlist, enjoying a treat, or spending time with friends, these small moments can bring joy.</p> <p>Parents, what's one feel-good activity you and your teen enjoy doing together? Share your ideas below!</p>
MONDAY, FEBRUARY 24TH	<p>MINDFUL MONDAY: Mindfulness is a wonderful tool to help teens reduce stress and stay present. Practice this simple exercise together!</p>

Facebook

TUESDAY, FEBRUARY 25TH

TRANSFORMATION TUESDAY: Small changes can lead to big growth! For example – encourage your teen to shift their mindset by replacing “I can’t” with “I’m learning.” This simple habit fosters resilience and positivity.

WEDNESDAY, FEBRUARY 26TH

That’s a wrap on Live Life Well Week! We hope this week has inspired you and your teen to embrace mental health and well-being through motivation, gratitude, mindfulness, and growth. What was your favorite part of the week, and how can we continue these positive habits moving forward?

X

MONDAY, FEBRUARY 17TH

Welcome to #LiveLifeWellWeek! This week is all about supporting teen mental health with themes like motivation, gratitude, and growth. Start strong with #MotivationalMonday: What’s one positive thing you want to accomplish this week?

TUESDAY, FEBRUARY 18TH

It’s #TalkItOutTuesday! Starting a convo about mental health can be simple. Try “How are you feeling today?” or “What’s been on your mind?”. Listening can make a huge impact. #LiveLifeWellWeek

WEDNESDAY, FEBRUARY 19TH

Wellness isn’t just about exercise – it’s about finding what works for YOU! This #WellnessWednesday try journaling, walking, reading, or another activity that brings you joy. #LiveLifeWellWeek

THURSDAY, FEBRUARY 20TH

Gratitude boosts happiness and reduces stress. What’s one thing you’re thankful for on this #ThankfulThursday? #LiveLifeWellWeek

FRIDAY, FEBRUARY 21ST

It’s #FeelGoodFriday! Do one thing today that brings you joy—whether it’s music, a favorite snack, or time with friends. #LiveLifeWellWeek

MONDAY, FEBRUARY 24TH

This #MindfulMonday, take a deep breath and try this exercise. Breathe in for 4 seconds. Hold for 4 seconds. Exhale for 4 seconds. How do you feel after? #LiveLifeWellWeek

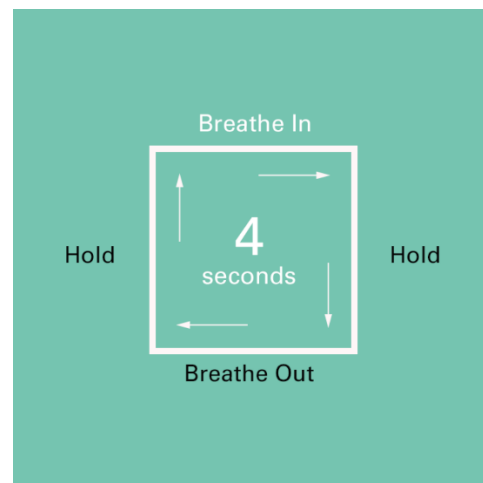
TUESDAY, FEBRUARY 25TH

Growth happens in small steps. This #TransformationTuesday, reframe challenges by replacing “I can’t” with “I’m learning.” What’s another step you can take toward a brighter tomorrow? #LiveLifeWellWeek

WEDNESDAY, FEBRUARY 26TH

That’s a wrap on #LiveLifeWell Week! We hope you feel inspired and supported. Remember, self-care doesn’t end here—keep the conversations going, stay mindful, and celebrate growth every day.

To download an image, right click and choose 'save image as,' then upload the image with any Facebook or Twitter post.



Instagram

MONDAY, FEBRUARY 17TH

Welcome to Live Life Well Week – a celebration of teen mental health and well-being! This week, we're focusing on themes like motivation, gratitude, mindfulness, and growth to help teens live their best life and inspire positive change and self-care.

Join us by participating in MOTIVATIONAL MONDAY! Start your week off strong. What's one positive thing you want to accomplish this week?

#LiveLifeWellWeek #MotivationalMonday #DuPagePLT
#LeaveYourMark

Embrace Joy and Kindness to Live Life Well

Talk to
Yourself
like someone you
LOVE

Live Life Well Week 2025

TUESDAY, FEBRUARY 18TH

TALK IT OUT TUESDAY: Talking about mental health with someone who is struggling can seem tough, but it doesn't have to be! Start the conversation with these simple prompts and let someone know you're there for them.

#LiveLifeWellWeek #TalkItOutTuesday #DuPagePLT
#LeaveYourMark



WEDNESDAY, FEBRUARY 19TH

WELLNESS WEDNESDAY: Wellness isn't just about exercise – it's about finding what works for YOU. From journaling to walking, here are some simple activities to boost your well-being. What is your favorite way to practice self-care?

#LiveLifeWellWeek #WellnessWednesday #DuPagePLT
#LeaveYourMark

SELF-CARE IDEAS



BODY

★ STRETCH

🥤 DRINK WATER

🌟 EAT A FULL MEAL

🌙 REST AND RESET



MIND

♥ READ

😊 TRY SOMETHING NEW

🌟 CHALLENGE YOURSELF

🧘 MEDITATE



SOUL

★ JOURNAL

🎧 LISTEN TO MUSIC

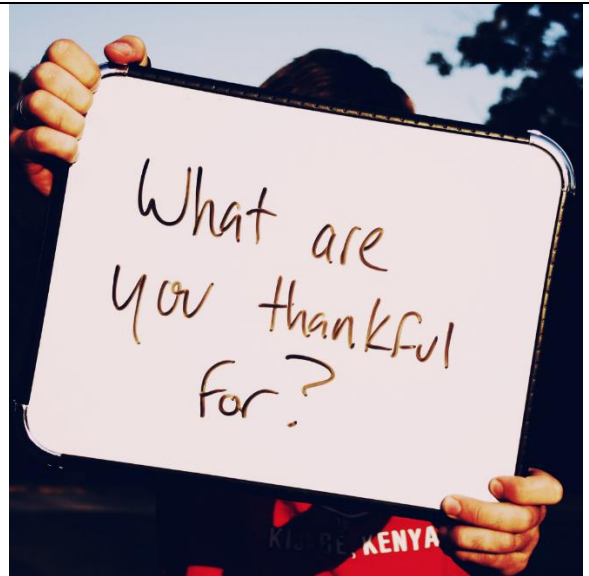
♥ LAUGH

😊 CONNECT WITH A FRIEND

@SELFCARESPOTLIGHT

THURSDAY, FEBRUARY 20TH

THANKFUL THURSDAY: Gratitude not only makes people feel happier and more content, but it can also help reduce feelings of anxiety and depression. What're you thankful for today? Take a moment to reflect and comment below.
#LiveLifeWellWeek #ThankfulThursday #DuPagePLT #LeaveYourMark



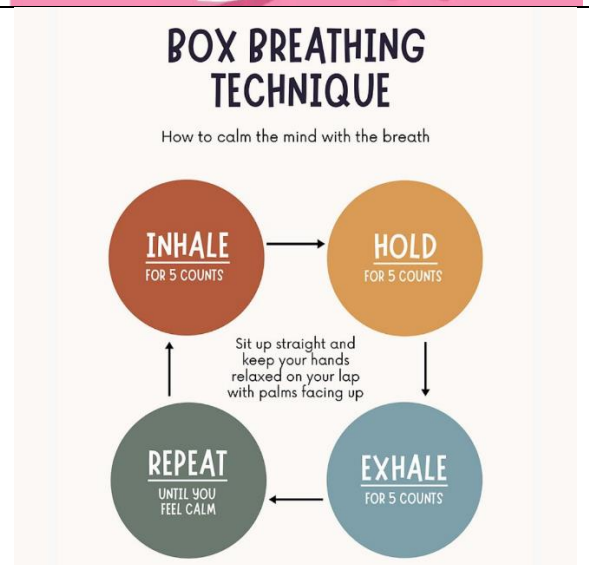
FRIDAY, FEBRUARY 21ST

FEEL-GOOD FRIDAY: Do one thing today that makes you smile – whether it's listening to your favorite playlist, treating yourself to your favorite snack, or spending time with friends!
#LiveLifeWellWeek #FeelGoodFriday #DuPagePLT #LeaveYourMark



MONDAY, FEBRUARY 24TH

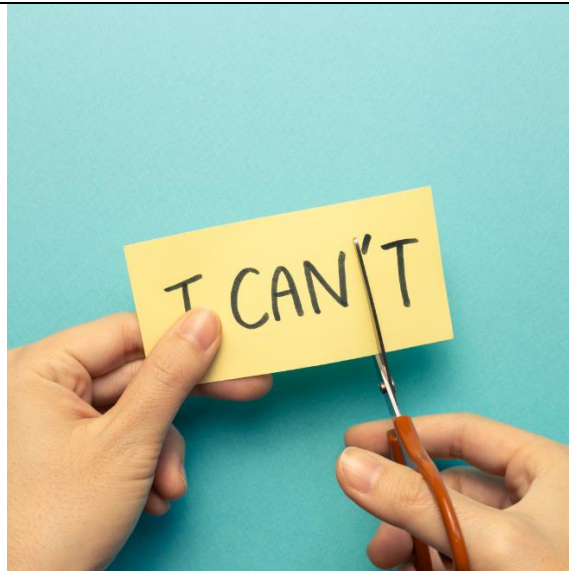
MINDFUL MONDAY: Take a deep breath. Inhale... Exhale... Today, try to focus on being present and finding peace in the moment. Try this simple mindfulness exercise and comment how it made you feel.
#LiveLifeWellWeek #MindfulMonday #DuPagePLT #LeaveYourMark



TUESDAY, FEBRUARY 25TH

TRANSFORMATION TUESDAY: Let's focus on growth and small changes that can make a BIG difference! Shift your mindset – replace "I can't" with a positive reinforcement. Share one step you're taking today to create a brighter tomorrow.

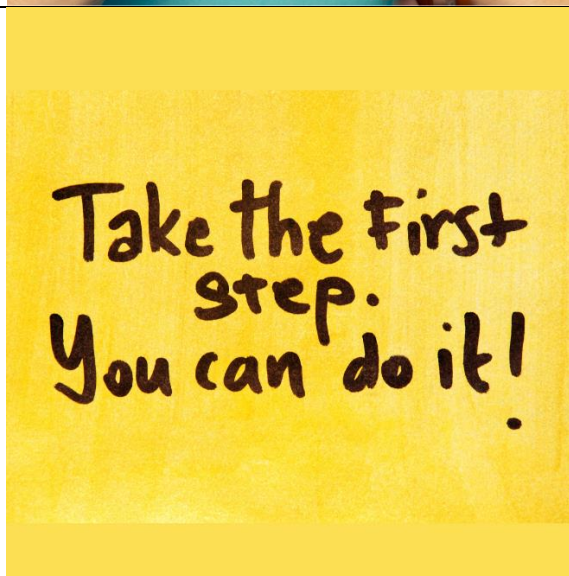
#LiveLifeWellWeek #TransformationTuesday #DuPagePLT #LeaveYourMark

**WEDNESDAY, FEBRUARY 26TH**

That's a wrap on Live Life Well Week! We hope you felt inspired, motivated, and supported as we explored themes of mental health and well-being together.

Remember, self-care doesn't end here—keep the conversations going, stay mindful, and celebrate your growth every day. You're never alone on this journey. What was your favorite part of the week?

#LiveLifeWellWeek #DuPagePLT #LeaveYourMark



To download an image, right click and choose 'save image as,' then upload the image to Instagram with its corresponding caption.

Thank you for doing your part to promote mental wellness!

Visit us at:



www.facebook.com/DuPagePLT

www.DuPagePLT.org



www.twitter.com/PLTDuPage