

# April

## Topic: National Stress Awareness Month



## Instructions:

1. Click "Download" and open the JPG from the Social Media zip file
2. Copy and paste the suggested social media copy shown below
3. Paste into your social media page
4. Double-check the copy and image to ensure they look good/correct before posting

**Image name:** Social\_Media\_Toolkit4.jpg

**Suggested Social Copy:** Eye twitching, under eye puffiness, and ocular migraines are three ways stress can make itself known through your eyes. Restful sleep, hydration, and reduced alcohol and caffeine intake can help reduce all three. Which do you regularly practice?

<https://www.vsp.com/eyewear-wellness/ask-eye-doctor/what-causes-eye-twitching>