

Living Well – Managing Anxiety social media content planner/ August – September 2026

All posts will be shared to PHA Facebook and Instagram:

Facebook: @PublicHealthAgency

Instagram: @PublicHealthNI

Website: www.MindingYourHead.info / www.publichealth.hscni.net

Date	Content	Graphic
03.08.2026	A new campaign has been launched in community pharmacies across Northern Ireland. The 'Managing Anxiety' campaign encourages people to look after their mental health and wellbeing. Running throughout August and September 2026, the campaign offers practical tips and ideas to help manage anxiety, along with information on where to find support if you need it. Next time you're in your local pharmacy, pick up a 'Managing Anxiety' leaflet to find out more or visit Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	

06.08.2026	A healthy level of anxiety can help you prepare for important tasks, such as studying for an exam or finishing a work project. But sometimes feelings of anxiety can be hard to control and they may impact on how you live your life. To find information and advice on managing anxiety, visit: Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	 MINDING Your HEAD .INFO Feeling anxious? Feeling anxious is a common experience for many people. Sometimes feelings of anxiety can be strong and last longer than normal and this can make it hard to deal with everyday life. www.MindingYourHead.info HSC Health and Social Care HSC Public Health Agency
09.08.2026	The #LivingWell campaign is running in over 500 pharmacies across Northern Ireland. If you are experiencing anxiety, your local pharmacist can direct you to advice and support services. Find out more: Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	 MINDING Your HEAD .INFO Feeling anxious? Your local pharmacist can direct you to support services www.MindingYourHead.info HSC Health and Social Care HSC Public Health Agency

11.08.2026	Anxiety can affect us in different ways. It can affect the way we feel, the way we think, the way our body works, and the way we behave. By noticing the signs, you can spot when you are becoming anxious and you can do something to help yourself feel better. To find out more, visit: Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	 The infographic features a green background with a cartoon person sitting on the floor. It lists various signs of anxiety in a grid format. At the bottom, it includes the website www.mindingyourhead.info and logos for HSC Health and Social Care and HSC Public Health Agency.
14.08.2026	It is possible to recover from mental health problems, and lots of people do – especially after getting support. If you are experiencing mental ill-health, talk to your GP and tell them how you're feeling and what you've tried. There are also many services in Northern Ireland that can provide mental health support. For more information, visit www.mindingyourhead.info/services #LivingWell #ManagingAnxiety #MindingYourHead	 This infographic has a green header with the 'MINDING YOUR HEAD' logo. It lists three bullet points indicating when to seek help for anxiety. It includes an illustration of a person sitting on the floor and the same footer information as the first infographic.

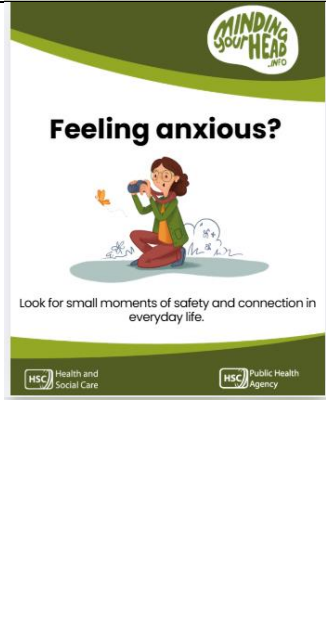
16.08.2026	If you are experiencing anxiety there are many things that you can do to help yourself to manage how you are feeling. And if you need any extra help and support, our website www.mindingyourhead.info can help you find a service that you can contact. #LivingWell #ManagingAnxiety #MindingYourHead	
18.08.2026	Community pharmacists are a trusted source of advice and support. Whether it's a friendly chat, signposting to services, or providing a leaflet on managing anxiety, over 500 community pharmacies are part of the Living Well service, supporting people to look after their mental health. Find out more at Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	

20.08.2026	Evidence shows us there are five steps you can take to help improve your mental health and wellbeing – one of those steps is connect. Connect with the people around you – family, friends or neighbours. Building these connections will support you and help maintain and improve your wellbeing. Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	 MINDING Your HEAD If you are experiencing anxiety, talk to someone about how you are feeling.  Sometimes sharing how we feel can be the first step towards feeling better. www.MindingYourHead.info HSC Health and Social Care HSC Public Health Agency
25.08.2026	Next time you are in your local pharmacy, speak to your pharmacist about managing anxiety. Staff can signpost you to further support, including local services, apps, and professional help. Find out more: Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	 MINDING Your HEAD Speak to your local pharmacist They can connect you with local services that can help you manage anxiety www.MindingYourHead.info HSC Health and Social Care HSC Public Health Agency

28.08.2026	There are over 500 pharmacies in Northern Ireland signed up to the #LivingWell campaign. Next time you're in your local pharmacy, pick up a 'Feeling anxious?' leaflet for a guide to things that can help. And don't forget to visit: Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	
01.09.2026	Feelings of anxiety could be related to a variety of things such as health, finances, work, or relationships. It is also possible to feel anxious without knowing what is causing you to feel that way. It is possible to recover from mental health problems, and lots of people do – especially after getting support. There are many services in Northern Ireland that can provide mental health support. For more information, visit www.mindingyourhead.info/services #LivingWell #ManagingAnxiety #MindingYourHead	

03.09.2026	Calming techniques are shown to help symptoms of anxiety and stress. They aim to help bring your focus to the present moment, taking your mind off anxious thoughts. Why not give this breathing exercise a try next time you are feeling anxious? For more calming tools, ideas on how to Take 5, and to access mental health and wellbeing apps and much more, visit www.mindingyourhead.info #LivingWell #ManagingAnxiety #MindingYourHead	
07.09.2026	Evidence shows us that there are five steps you can take to help improve your mental health and wellbeing – one of those steps is keep learning. Don't be afraid to try something new. Rediscover an old hobby or interest, or simply set a challenge you will enjoy. Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	

10.09.2026	Over 500 community pharmacies are part of the Living Well service, supporting people to look after their mental health. Next time you are in your local pharmacy participating in the #LivingWell campaign, pick up a 'Feeling anxious?' leaflet which gives some ideas for ways to help manage anxiety. Find out more: Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	 Your local pharmacist can signpost you to services to help manage anxiety www.MindingYourHead.info  
13.09.2026	Evidence shows us there are five steps you can take to improve your help mental health and wellbeing – one of those steps is connect. Connect with the people around you – family, friends or neighbours. Talking about how we feel can be the first step towards feeling better. Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	 Connect Connect with the people around you – family, friends or neighbours. Building these connections will support you and help maintain and improve your wellbeing.  

16.09.2026	If you are feeling anxious, getting outside for a walk could help. Combine your movement with mindfulness – pay attention to the sensation of walking, the rhythm of your breathing and your surroundings. For more calming tools, ideas on how to Take 5 steps to wellbeing, and to access mental health and wellbeing apps and much more, visit www.mindingyourhead.info #LivingWell #ManagingAnxiety #MindingYourHead	
20.09.2026	Evidence shows us there are five steps you can take to help improve your mental health and wellbeing – ‘take notice’ is one of those steps. Try to notice things you can: • see, like a picture; • smell, like freshly made coffee or tea; • hear that is soothing, like bird song; • or something enjoyable, like seeing a dog play or feeling cosy in bed. Thinking of these moments can also help calm you. Find out more: Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	

23.09.2026	The HSC apps library hosts a selection of carefully curated mental health and wellbeing apps that offer valuable self-help resources. These tools can be a good source of information and advice at a time when you might need it. Visit here: https://apps4healthcareni.hscni.net/en-GB/adult-mental-health-and-wellbeing #LivingWell #ManagingAnxiety #MindingYourHead	 The poster features the 'MINDING Your HEAD .INFO' logo at the top. Below it, the text reads 'Need help managing anxiety?'. It then states: 'The Health and Social Care apps library has information about apps for adults on topics such as anxiety, stress, sleep and more.' An illustration shows a hand holding a smartphone displaying the 'APPS LIBRARY' app. At the bottom, the URL 'www.dhcn1.hscni.net/hsc-apps-library' is provided. Logos for 'HSC Health and Social Care' and 'HSC Public Health Agency' are at the bottom.
28.09.2026	Next time you are in your local pharmacy participating in the #LivingWell campaign, pick up a 'Feeling anxious?' leaflet which gives some ideas for ways to help manage anxiety and feel more able to cope, along with where to find some extra support if you need it. You can also visit Anxiety Minding Your Head #LivingWell #ManagingAnxiety #MindingYourHead	 The poster features the 'MINDING Your HEAD .INFO' logo at the top. Below it, the text reads 'Pick up a leaflet or wallet card in your local pharmacy'. An illustration shows hands holding a green leaflet with the 'MINDING Your HEAD' logo. At the bottom, the URL 'www.MindingYourHeadInfo' is provided. Logos for 'HSC Health and Social Care' and 'HSC Public Health Agency' are at the bottom.