



SAMPLE MESSAGES



Facebook/Instagram Activity Messages:



POST 1:

Let CRAM JAM commence! Join us in the (INSERT LOCATION) on (INSERT DAY/DATE) at (INSERT TIME) for delicious food and lots of activities to unwind. See you there!

Suggested hashtags for Instagram:
#relaxandunwind #CramJam

POST 2:

Did you know our "Jam" Fest begins on (INSERT DAY/DATE) at (INSERT TIME)? Come out for an evening of music & fun, featuring (INSERT DJ/PERFORMER'S NAME(S)).

Suggested hashtags for Instagram:
#jammin #CramJam

POST 3:

(INSERT NAMES) are enjoying Late Night Break-Fast in the (INSERT LOCATION)! Swing by for some of your a.m. faves - we're here until (INSERT TIME)!

Suggested hashtags for Instagram:
#breakfastclub #CramJam

POST 4:

(INSERT NAMES) are busy setting up our Study-Free Fun Zone for (INSERT DAY/TIME) in the (INSERT LOCATION). You owe it to yourself to take a study break, so make some time to join us!

Suggested hashtags for Instagram:
#studybreak #CramJam

POST 5:

Give your brain a break. Check out the Boostin' Up Energy Bar for power-packed coffees, teas, smoothies and more. It's all part of our Cram Jam event on (INSERT DAY/DATE) at (INSERT TIME) in (INSERT LOCATION).

Suggested hashtags for Instagram:
#powerup #CramJam

**SEE TWITTER MESSAGES AND ADDITIONAL
"DID YOU KNOW?" FUN FACTS FOR SOCIAL
MEDIA ON REVERSE SIDE.**

sodexo
QUALITY OF LIFE SERVICES





SAMPLE MESSAGES



Twitter Activity Messages:



POST 1:

Let CRAM JAM commence! Join us in the (INSERT LOCATION) on (INSERT DAY/DATE) at (INSERT TIME) for delicious food & relaxing activities!

Suggested hashtags:
#relaxandunwind #CramJam

POST 2:

DYK our "Jam" Fest begins on (INSERT DAY/DATE) at (INSERT TIME)? Come out for an evening of music & fun, featuring (INSERT DJ/PERFORMER'S NAME(S)).

Suggested hashtags:
#jammin #CramJam

POST 3:

(INSERT NAMES) are enjoying Late Night Break-Fast in the (INSERT LOCATION)! Swing by - we're here until (INSERT TIME)!

Suggested hashtags:
#breakfastclub #CramJam

POST 4:

(INSERT NAMES) are setting up our Study-Free Fun Zone for (INSERT DAY/TIME) in the (INSERT LOCATION). Will you be joining us?

Suggested hashtags:
#studybreak #CramJam

POST 5:

Power up @ the Boostin' Up Energy Bar. Coffees, teas, smoothies & more. It all begins on (INSERT DAY/DATE) at (INSERT TIME) in the (INSERT LOCATION)!

Suggested hashtags:
#powerup #CramJam

Tips to Tackle Stress for Social Media



Post these tips to tackle stress during your Cram Jam promotion to highlight your commitment to students' health and well-being.

- If you can, go for a swim! Swimming and other aerobic exercises are believed to promote relaxation and reduce stress.
- Turn up the tunes! Listening to music (especially certain types, like classical) can lower your blood pressure and help alleviate stress.
- Practice mindful breathing for anxiety- and stress-relief. Focus on your breath, paying deep attention to your body as you inhale and exhale.
- Fill your residence hall room with pleasant scents. Lavender, lemon, jasmine and rosemary are just a few that experts recommend for boosting your mood and promoting productivity.
- Watch a funny television show or movie, taking time to laugh. Among other benefits, laughing helps the body release endorphins while relieving your stress response.

SOURCES:

<https://leisurepools.com.au/pool-ideas/how-swimming-pools-relieve-stress-improve-focus>
<https://www.goodtherapy.org/blog/5-facts-about-stress-and-17-ways-to-deal-with-it-0923145>
<https://psychcentral.com/lib/the-power-of-music-to-reduce-stress/>
https://ggia.berkeley.edu/practice/mindful_breathing
<https://www.entrepreneur.com/article/224575>
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

