








**U.S. Department of Veterans Affairs
Office of Patient Centered Care and Cultural Transformation (OPCC&CT) Social Media Content –
November 2022**

Note: Images provided here are for reference only. Please use the high-resolution photo files sent via email.

Recommended Posting Timeframe			Image
11/15/22	<p>On November 15, VA recognizes the significant efforts of Whole Health peer facilitators. Peer facilitators are a key component of the Whole Health approach. Read about two Veterans who serve as peer facilitators and help fellow Veterans #LiveWholeHealth through art. https://www.va.gov/WHOLEHEALTH/features/Learning_to_Live_Whole_Health_Through_Art.asp</p>	<p>On November 15, VA recognizes the efforts of Whole Health peer facilitators. Read about two Veterans who serve as peer facilitators and help fellow Veterans #LiveWholeHealth through art. https://www.va.gov/WHOLEHEALTH/features/Learning_to_Live_Whole_Health_Through_Art.asp</p>	
11/1/2022 to 11/11/2022	<p>You need good sleep for your body and brain to function well. If your nightly snooze doesn't leave you feeling recharged in the morning, you can take steps to improve it. Learn how to develop good slumber habits to #LiveWholeHealth. https://www.youtube.com/watch?reload=9&v=CoUoElb24IM</p>	<p>You need good sleep for your body and brain to function well. Learn how to recharge effectively to #LiveWholeHealth. https://www.youtube.com/watch?reload=9&v=CoUoElb24IM</p>	<p>Image will autopopulate with link</p> 
11/12/2022 to 11/22/2022	<p>Insomnia keeping you up? Most people have a night here or there when they can't sleep, but some toss and turn often and for long periods of time. To get the rest you need to feel well, learn what's keeping you awake, how to fix it, and #LiveWholeHealth https://www.va.gov/WHOLEHEALTH/Veteran-Handouts/docs/ChangeHabitsSleepBetter.pdf</p>	<p>Insomnia keeping you up? Learn how to combat this frustrating condition and #LiveWholeHealth. https://www.va.gov/WHOLEHEALTH/Veteran-Handouts/docs/ChangeHabitsSleepBetter.pdf</p>	

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11/23/2022 to 11/30/2022	<p>If you're having trouble drifting off to dreamland, try acupressure to relax. Acupressure calms your body and your mind to help you fall asleep quicker and stay asleep longer. Good slumber improves your well-being so you can #LiveWholeHealth. https://news.va.gov/managing-sleep-with-acupressure/</p>	<p>If you're having trouble drifting off to dreamland, try acupressure to relax. Good sleep recharges body and mind so you can #LiveWholeHealth. https://news.va.gov/managing-sleep-with-acupressure/</p>	<p>Image will autopopulate with link</p> 