

JED Campus Campaign

Instagram Post Copy



The Jed Foundation

Copy text below and Paste in Instagram post:

Option 1

Most students find alternatives to dealing with stress, like taking a nap, exercising or eating a healthy snack. Find yours by clicking the link in our bio.

Option 2

There are other ways to deal with pressure. One way is by managing your time – try to prioritize your to-do list, eliminate distractions, and schedule in relaxation. For additional help or resources, reach out to an on-campus healthcare professional. Learn more at [insert URL].

Option 3

If you're feeling pressured to share your prescription stimulant medication, remind your friends that there are better ways to deal with stress. For additional help or resources reach out to an on-campus healthcare professional. Learn more at [insert URL].

Option 4

Most students have found better ways to deal with stress, like taking a nap. For help with stress and to learn more, visit [insert URL].