



World Gratitude Day

Here at Virgin Pulse, we're thrilled to be part of your health and wellbeing journey. With **World Gratitude Day** being September 21, it's the perfect day to share your appreciation for others in your life. As part of your day, we want you to prioritize self-care and dedicate some time for yourself.

You and your members are invited!

Share how you spend World Gratitude Day on social media—and encourage your members to do the same! You and your organization can use the social media posts, below, or write one of your own and post it with a video or photo. Get inspired and help inspire others! Don't forget to tag your organization and Virgin Pulse.

Social media posts

Add your company handle and Gratitude Day activities

It's #WorldGratitudeDay! Encouraged by my @VirginPulse team, I took 15 minutes for myself. Check out how I used the time to [insert activity]. #GratitudeVP

On #WorldGratitudeDay, @VirginPulse encouraged my team and I to take 15 minutes for ourselves today. Here's how we spent it: [insert activity]

#WorldGratitudeDay is a great day to show appreciation for my health, my wellbeing, and my colleagues at [insert company name or handle]. I'm so happy to have @VirginPulse as part of our company's health & wellbeing program. They encouraged me to take time for myself today, and I'm so happy I had the time to [insert activity].

Use these hashtags in your post

#WorldGratitudeDay

#GratitudeVP

Tag us in your post by including our handle

@virginpulse