

ART THERAPY RESOURCES



Social Media Post Types

LINKS

EXTERNAL:

- Quizzes
- Share a resource
- Apps and Tools
- Book recommendations
- Inspirational story
- Art Therapy research article
- News stories relevant to your services
- Fact sheets from mental health organisations
- Guided Mediation Audio (Spotify/Soundcloud)
- Repost a post from another Facebook page

INTERNAL:

- Your blog post - split parts of the blog post into separate social media posts

VISUAL

IMAGES:

- Quote image
- Popular Memes
- Illustrations
- Examples of Art Therapy
- Educational Infographics
- Your instagram images
- Holiday images - eg. Christmas, New Year

VIDEO:

- TED Talks
- Viral fun video
- Facebook Live Q&A
- Educational video on mental health
- Guided Mediation video

STATUS UPDATES

BUSINESS UPDATES:

- Details about your business:
 - opening and closing hours
 - payment types accepted / pricing
 - your specialty service
- Your other social media updates. eg. share a Pinterest Board you have created
- Advertising and promotions

PERSONAL UPDATES:

- A positive aspect about your job that you love eg. , helping people, creative work, client breakthroughs
- Book review

HELPFUL UPDATES:

- Top 5 list, eg. Top 5 relaxation tips, Top 5 feel good songs
- Motivational worksheets to print and complete
- Loosen up Art Therapy exercise worksheet
- Facts and statistics about an issue related to your services