

*These posts have been written by the TreeSisters Team for you to use. We hope you love them, use them and repost them! If you do post them, we would love you to use our campaign hashtag #HealthyTreeHealthyMe and tag us on social media. You can find TreeSisters on:*

Facebook ~ <https://www.facebook.com/treesisters/>

Twitter ~ <https://twitter.com/treesisters>

Instagram ~ [https://www.instagram.com/treesisters\\_official/](https://www.instagram.com/treesisters_official/)

Pinterest ~ <https://www.pinterest.co.uk/treesisters/>

YouTube ~ <https://www.youtube.com/treesisters>

*Please feel free and empowered to change and adjust the posts for your own tone of voice and messages!*

### **Facebook / IG Social Media Post One:**

2020 was the year the world stopped.

Together we watched fires rage in Australia, the Amazon and the USA, we felt the devastation of rising flood water across the UK, we witnessed our seasons changing too quickly and the health of the planet declining alongside our own.

Earlier this year the UN Environment Chief stated that humanity is placing too many pressures on the natural world and warned that failing to take care of the planet means that we are not taking care of ourselves. Are we finally waking up to the reality that the health of the natural world has a direct impact on our own health?

This year I have been asking myself some really big questions - How do we create a healthier, more just world for all? How do we create positive change in the face of so much global uncertainty? What can each of us do to build a healthy future?

With decreasing habitats and wilderness, animals and humans are forced to live closer together. This increase in contact has seen viruses pass from species to species... Without healthy forests, our health is vulnerable.

The answer? Our forests are vital for our survival. Trees sequester carbon from the atmosphere, cool our planet, support our water cycles, restore landscapes and provide food, shelter and livelihoods for millions of people around the world.

Forests are our future. Healthy trees equal healthy me!

I have chosen to be a part of TreeSisters and would love you to join me. Every month I fund reforestation across the tropics. A monthly donation supports ethical, community-focused tree

planting across multiple tropical ecosystems. You will be making on-going committed investment in the future of our planet and the health of our global forests.

[www.treesisters.org](http://www.treesisters.org) #HealthyTreeHealthyMe

#### **Twitter Social Media Post One:**

Earlier this year the UN Environment Chief stated that humanity is putting too many pressures on the natural world and warned that failing to take care of the planet means not taking care of ourselves.

Be part of the solution: [www.treesisters.org](http://www.treesisters.org)

#HealthyTreeHealthyMe

#### **Facebook / IG Social Media Post Two:**

Watching the news last night, it got me thinking... are we finally waking up to the reality that the health of the natural world has a direct effect on our own health? Do we finally understand that the future of our planet is in our hands...?

Our forests are vital for our survival. Trees sequester carbon from the atmosphere, cool our planet, support our water cycles, restore landscapes and provide food, shelter and livelihoods for millions of people and animals around the world. Deforestation has been directly linked to the rise in zoonotic diseases. With decreasing habitats and wilderness, animals and humans are forced to live closer together. This increase in contact has seen viruses pass from species to species... Without healthy forests, our health is vulnerable.

I'm choosing to do something about it! Will you join me?

Each month I will be donating to TreeSisters to fund the planting of tropical trees and build a healthier future. A monthly donation supports ethical, community-focused tree planting across multiple tropical ecosystems. This is my ongoing, committed investment in the future of our planet and the health of our global forests.

Find out more about TreeSisters here: [www.treesisters.org](http://www.treesisters.org) I guarantee you'll be inspired to join!

#HealthyTreeHealthyMe

#### **Twitter Social Media Post Two:**

Are we finally waking up to the reality that the health of the natural world has a direct effect on our own health?

I choose to be a part of the solution by funding reforestation every month. Join me by supporting [www.treesisters.org](http://www.treesisters.org) #HealthyTreeHealthyMe

### **Facebook / IG Social Media Post Three:**

Amazingly 2020 is nearly over. The year that we never thought would end is drawing to a close...

The events of this year have challenged me to ask big questions - How do I create a healthier, more just world for all? How do we come together and create positive change in the face of so much global uncertainty? What can each of us do to build a healthy future?

Sound familiar? I wonder how many of us are asking the same questions...

For me, I've been looking for answers and came across TreeSisters.org - a women-led reforestation charity that is funding reforestation and has already funded over 12 million trees.

Our forests are vital for our survival. Trees sequester carbon from the atmosphere, cool our planet, support our water cycles, restore landscapes and provide food, shelter and livelihoods for millions of people and animals around the world.

Deforestation has been directly linked to the rise in zoonotic diseases. With decreasing habitats and wilderness, animals and humans are forced to live closer together. This increase in contact has seen viruses pass from species to species... Without healthy forests, *our* health is vulnerable.

So join me, let's come together to fund reforestation on a global scale and create a viable future for generations to come.

Donate here ~ [www.treesisters.org/give](http://www.treesisters.org/give)  
#HealthyTreeHealthyMe

### **Twitter Social Media Post Three:**

How do we create a healthier, more just world for all?

Deforestation has been directly linked to the rise in zoonotic diseases. Without healthy forests, our health is vulnerable.

Join me in reforesting our world [www.treesisters.org/give](http://www.treesisters.org/give) #HealthyTreeHealthyMe