

## Day of Mourning, 2026 – Sample Social Media

### Facebook/IG:

Did you know that nearly half of working Canadians say their job is the most stressful part of their daily lives? 7 in 10 workers are worried about the psychological health and safety of their work. Burnout, chronic stress, harassment. This isn't normal, and it isn't ok. Just remember: it isn't just you, and it isn't "just part of the job." Canada's unions have your back, and we're fighting to fix things.

### Twitter/X:

Nearly half of working Canadians say their job is the most stressful part of their day. Psychological illness is now the leading cause of disability in Canada. Burnout, stress, harassment — this isn't normal, and it isn't "just part of the job." You're not alone. Canada's unions have your back.