

# Social Media Updating Overview

## THE TASK

Log in to accounts on a semi-regular basis to check for messages and to post encouraging photos and messages that are consistent with the messaging provided by World Service on oa.org. See suggestions below. You can post in BOTH the regular account and on the Page.

**Important Tip:** Make sure you remember to **\*LOG OUT\*** and back into your own personal account when you are done or you can accidentally post personal messages in the wrong account (learned from hard experience! \*LOL\* )

## IMAGES

Here is a folder where there a bunch of images that you can add to a post:

<https://drive.google.com/drive/folders/1ubp9ZLfw1rh9e-Jrp68WfJDD2LQMCOKL?usp=sharing>

You do NOT need to always add an image, though. If you want to use an image, be sure you ALSO put a link in the message so that the person reading it can take action. The image itself won't link anywhere without another link.

If the graphic says, for example, find a meeting, you can link to your IG meeting page or OA.org meeting page.

If you need a "More information" about OA kind of link, select something from your own IG website that is relevant (but make sure it is fully understandable to a newcomer) or you could link to oa.org.

If it says "take our quiz", add this link to your post <https://oa.org/quiz/>

You could also just promote specific podcasts, or literature, etc. and you can use whatever links you find on Oa.org

## IDEAS FOR POSTS

*Here are some ideas for posts. You can make a post as often as you would like to. These are not boosted (paid ads), they are just regular posts on the Facebook Page.*

In-person meetings are great ways to connect IRL with others who share our compulsion. Find a meeting at <https://atlantaoa.org/meetings/> [insert your own link instead]

There are many ways to attend a meeting. In the Atlanta area, many groups are meeting via Zoom. Check the list here: <https://atlantaoa.org/meetings/> [insert your own link instead]

Where do I start in Overeaters Anonymous? Download the newcomers pamphlet here <https://oa.org/app/uploads/2022/06/where-do-i-start-everything-a-newcomer-needs-to-know.pdf>

You are not alone! All of us at Overeaters Anonymous struggle with food obsession which may show up as compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or over exercising, Get support at a meeting here: <https://atlantaoa.org/meetings/> [insert your own link instead]

There are many options for connecting with others for support. In addition to face to face meetings, check the full list of telephone and online meetings world-wide at <https://oa.org/find-a-meeting/?type=1>

Have you tried over and over again to control your eating and weight, but nothing has worked? Compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or over exercising ... no matter your challenge with food or body image, you are welcome here. Find out more: <https://oa.org/and-your-journey-begins/>

Nervous about going to a meeting? No weigh-ins. No fees. Just fellowship and support. Find out what to expect here: <https://oa.org/what-to-expect/>

What does it mean to “work a program” of recovery in Overeaters Anonymous? This is a handy guide: <https://oa.org/working-the-program/>

Want to get OA literature? Here’s a handy guide, with links to resources at the official OA bookstore: <https://atlantaoa.org/resources/oa-bookstore-quick-links/> [insert your own link instead]

What if I don’t believe in God? Atheists and agnostics are welcome in Overeaters Anonymous. Read more here: <https://oa.org/working-the-program/atheists-and-agnostics-are-welcome/>

What do new members say about coming to OA? <https://oa.org/new-member-shares/>

Want to know more about the Twelve Steps of Overeaters Anonymous? These podcasts are a great introduction. <https://oa.org/sound-bites-from-overeaters-anonymous-a-12-step-solution-to-compulsive-overeating/>

But what about the food? These podcasts describe OA’s “Dignity of Choice” which helps us develop a plan of eating and define abstinence for lifetime of freedom from compulsive eating. <https://oa.org/oa-literature/>

What are the 12 Steps of OA and why are they important? These podcasts may be helpful. <https://oa.org/the-importance-of-working-all-twelve-steps/>

Listen to member stories as they describe recovery from relapse, the twelve steps and twelve freedoms of OA. <https://oa.org/primary-purpose/>

## **Videos from OA:**

Is food a problem for you? There is a solution! Find out more [https://oa.org/app/uploads/2020/04/89354943\\_792964807862838\\_8603098375788715262\\_n.mp4](https://oa.org/app/uploads/2020/04/89354943_792964807862838_8603098375788715262_n.mp4)

You are not alone! Find out more about OA. [https://youtu.be/n2TT9zwp\\_3Q](https://youtu.be/n2TT9zwp_3Q)

Food obsession may feel isolating. Others understand. Find out more.  
<https://youtu.be/FIAPxUdPw-s>

## **GIFs from OA**

Gifs are short animations. These can be posted by pasting the link. I would also add a link to <https://atlantaoa.org/newcomers-meeting/> so that they can get information

Are You Obsessed with Food? <https://vimeo.com/436209404>

Can't Stop Eating? <https://vimeo.com/436214292>

What is Overeaters Anonymous? <https://vimeo.com/436214486>

You Are Not Alone <https://vimeo.com/436214090>