**Complementary blog post: 8 Ways to Be Emotionally Balanced During Uncertain Times**

**Subject:** Here’s 8 ways to balance your emotions in a crisis

{Hi Firstname}

When you’re going through an uncertain time, it can trigger a range of negative emotions. Fear, anxiety, anger and sadness are all common feelings that can overtake you when the future is uncertain.

While these emotions can be difficult to deal with, there are ways you can balance them out.

In today’s post, I’ll show you how to become emotionally balanced when times are uncertain. If you are trying to improve your mood and become emotionally healthy, you’ll want to check out this blog.

Link

You’ll discover why routines matter and how getting creative can help. I’ll also show you how limiting the news you watch can help.

Don’t miss this great post!

{Sign off}