**Social Media Posts Common Emotions Triggered by a Crisis**

**Facebook:**

1. Fear is one of the most common emotions triggered by a crisis. Avoid feeding into it by practicing relaxation techniques LINK

2. It’s common to feel anxious in a crisis. However, it can easily become overwhelming if you don’t take steps to reduce it. LINK

3. If you want to heal after a crisis, it’s important to recognize your emotions LINK

4. Did you know that different types of crisis can trigger different emotions? LINK

5. Learn to recognize the symptoms of emotional distress in crisis LINK

**Twitter:**

1. A crisis can feed your fear. Learn relaxation techniques to combat it LINK

2. Anxiety can become overwhelming in a crisis LINK

3. Recognizing your emotions can help you to heal after a crisis LINK

4. Different emotions can be triggered by different types of crisis LINK

5. Discover how to identify the symptoms of emotional distress LINK