**Social Media Posts 8 Ways to Be Emotionally Balanced During Uncertain Times**

**Facebook:**

1. When you’re trying to heal during or after a crisis, a routine is invaluable. It helps to give structure to your day LINK

2. Don’t forget to continue to take care of yourself when going through a crisis LINK

3. During times of crisis, it’s important to limit your news consumption. It can add too much negativity into your day LINK

4. Maintain your social connections during a crisis. This will help provide valuable emotional support LINK

5. If you’re really struggling with your emotions in a crisis, don’t be afraid to seek help LINK

**Twitter:**

1. Having a routine during a crisis is crucial to your emotional health LINK

2. Taking care of yourself throughout a crisis can help to balance emotions LINK

3. Limit the amount of news you watch during a crisis LINK

4. In times of crisis, your social connections become even more important LINK

5. Never be afraid to seek help if you’re struggling in crisis LINK