**Complementary blog post: Simple Strategies for Overcoming Negative Feelings**

**Subject:** New post – Discover these simple strategies to help combat negative feelings

{Hi Firstname}

Are you struggling to overcome negative feelings? During uncertain times, it’s easy to feel overwhelmed by negativity.

Whether you feel constantly anxious or you suffer bursts of crying throughout the day, these feelings can be tough to deal with.

In today’s post, I’ll show you some simple strategies you can use to overcome negative feelings. If you’re struggling to cope right now, you won’t want to miss this blog.

Link

You’ll discover how looking for the positives in the situation can help. I’ll also show you why addressing your feelings and confiding in someone you trust is important.

Don’t miss this awesome post!

{Sign off}