**Social Media Posts Simple Strategies for Overcoming Negative Feelings**

**Facebook:**

1. Before you can overcome negative feelings in a crisis, you first need to acknowledge them LINK

2. When you’re overcoming negative feelings, eliminate sources of negativity from your life LINK

3. No matter how difficult the situation, always try to find something positive LINK

4. Writing down your thoughts and feelings can help you deal with negative emotions LINK

5. Confiding in someone you trust during a crisis is important for your wellbeing LINK

**Twitter:**

1. It’s important to acknowledge negative feelings in order to combat them LINK

2. Eliminating negative sources from your life is key to emotional wellbeing LINK

3. Finding something positive in every situation can make you much happier LINK

4. To overcome negative feelings, write them down! LINK

5. Confiding in someone you trust can help to overcome negative feelings LINK