**8 Ways to Be Emotionally Balanced During Uncertain Times**

When you’re going through uncertain times, it’s easy to let your emotions take over. Uncertainty can lead to intense emotions that can be difficult to control. However, with the right coping skills and support, it’s possible to balance out our emotions during uncertain times.

Here, we’ll look at 8 ways you can balance your emotions during uncertain times.

**1. Ensure you stick to a routine**

Routines can prove invaluable during and after times of crisis. They provide some level of control during uncertainty.

It’s important to note here that it’s OK if your routine is slightly different to usual. It’s important to adapt to situations and alter your routine if needed. However, there are things you can do to keep some form of structure to your day in changing times.

Make sure you’re getting to sleep at the same time and eating healthy meals. Schedule time for exercise each day and also incorporate calming activities too. Sticking to a routine can prove surprisingly effective at maintaining good emotional balance in uncertain times.

**2. Pay attention to social connections**

You’re also going to want to pay attention to your social connections. During times of uncertainty it’s easy to isolate yourself more than usual. However, if you pull away from friends and family, it can be detrimental to your mental health.

Try and maintain your social connections during this time. You need your friends and family now more than ever.

**3. Continue to take care of yourself**

Taking good care of yourself can also counteract those negative emotions. So, making sure you get enough exercise, eat a balanced diet and do things you enjoy are important during uncertain times

**4. Get creative**

Many people find getting creative can help them to express their emotions. It can also prove a great distraction from negative thinking. There is nothing greater than losing yourself in a creative hobby. So, think about starting drawing or painting, putting together a scrapbook or even starting a jewelry making hobby. Getting creative can really help to balance out your emotions in tough times.

**5. Learn something new**

Another great tip is to learn something new. It’s easy to focus solely on the negative situation. However, by taking up a new hobby it enables you to focus on something else.

There are so many new things you could learn. Perhaps you’ve wanted to learn a musical instrument? Or maybe you’re keen to learn a new language? Whatever it is you want to learn, you’ll find plenty of online courses and videos on sites such as YouTube you can follow.

**6. Focus on the things you can control**

If you only focus on the things you can’t control, it’s going to cause you to feel helpless, depressed and anxious. However, if you switch that focus to the things you can control, it’s going to make you feel more empowered.

So, write down what you can change about the situation right now. Even if it’s simply the way you respond to the situation, there is always something you can control.

**7. Limit the amount of news you watch**

During a crisis, it’s common to want to stay up to date by watching the news. However, if the news is mostly negative, it can have a significant impact on your wellbeing. So, limit the news you watch each day and see just how much calmer you feel.

**8. Don’t be afraid to seek help**

Finally, if nothing appears to be working, don’t be afraid to seek help. Sometimes, we need expert help to switch our thinking and overcome the negative emotions which come from a crisis. There is no shame in seeking help and it could set you on a healthier path, helping you to better deal with future crisis.

These are just 8 things you can do to become emotionally balanced during uncertain times. By focusing on the things you can control and taking care of yourself, you’ll be in a much better position mentally.

**Complementary email**

**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}

**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