**Complementary blog post: Common Emotions Triggered by a Crisis**

**Subject:** Are you experiencing any of these emotions triggered by crisis?

{Hi Firstname}

Through times of crisis, it’s easy to fall into a negative pattern of thinking. It can trigger a wide range of emotions which can be difficult to deal with.

Understanding the emotions that can be triggered by trauma is the key to dealing with them.

In today’s blog, I’ll reveal some of the most common emotions triggered by a crisis. If you’re struggling to deal with your own emotions, you’ll want to check out this post.

Link

I’ll show you the most common emotions triggered in times of crisis such as anxiety, fear and depression. You’ll also learn how to recognize the signs of emotional distress.

Don’t miss this useful post!

{Sign off}