**Social Media in Chinese (Traditional)**

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| By staying in community, even if we are more physically separated, we can and will get through this crisis as we have gotten through so many others in the past — together. #EachMindMatters | 雖然現在人與人之間的肢體距離比以前遠，但有社區這個大家庭在，我們會像以前面對其他危機一樣，團結一心，攜手渡過這次危機。#EachMindMatters |
| During times of change and uncertainty it is even more important to take care of our mind and body as best as we can. Self-care techniques like getting exercise and sunlight, connecting with others, and regular sleep can alleviate stress and improve mood in a way that is both powerful and long-lasting. #EachMindMatters | 在這個有很多不確定因素的多變時期，盡全力照顧好自己的身心是非常重要。鍛煉身體、曬太陽、與他人保持聯絡、規律作息等這些自我護理技巧，不僅有助於緩解壓力，還可以有效長久地改善情緒。 #EachMindMatters |

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