**Social Media in Chinese (Simplified)**

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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 | 虽然现在人们之间的肢体距离比以前远，但有社区这个大家庭在，我们可以像以前经历的其它众多危机一样，团结一心，携手度过此次危机。#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 | 在这样有很多不确定因素的多变时期，尽全力照顾好自己的身心是非常重要的。锻炼身体、晒太阳、与他人保持联系、规律作息等这些自我护理技巧，不仅有助于缓解压力，还可以有效长久地改善情绪。#EachMindMatters |

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