

CosmiCode Summer Internship Program

Week 2- Task # 02

Task 2: Draft a Weekly Content Calendar (5 Blog Topics)

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Days	Blog Topic Titles
Monday	5 Signs You're Emotionally Burnt Out (And What to Do About It)
Tuesday	Journaling Prompts for When You Don't Know What You're Feeling
Wednesday	The Mental Health Cost of Hustle Culture in Students
Thursday	How to Set Boundaries Without Feeling Guilty
Friday	Why Social Media Makes Anxiety Worse (And How to Detox)