

Cosmi Code Summer Internship Program

Week 1- Task # 03

Task 3: Create a simple content idea bank (10 blog ideas for any niche).

Submitted by Xenobia Mustafa Khan

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Submission Date: 27th June 2025, Friday

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Selected Niche: Psychology and Mental Awareness

Ten Blog Ideas for the Selected Niche

1. 5 Myths About Mental Health We Need to Stop Believing
2. Signs You Might Be Burnt Out (And What to Do About It)
3. How to Support a Friend Who's Struggling with Anxiety
4. Journaling for Mental Clarity: 7 Prompts That Actually Work
5. Understanding High-Functioning Depression
6. Why Gen Z Is Talking More About Mental Health (And That's a Good Thing)
7. Digital Detox: How Your Mind Benefits from Logging Off
8. Dealing with Academic Pressure Without Burning Out
9. Social Media & Self-Worth: What the Research Says
10. Therapy Isn't Just for Crisis: Here's Why It Helps Everyone