

CosmiCode Summer Internship Program

Week 2- Task # 01

**Task 1: Select a Blogging Niche and write a 200-word justification for your
Justification**

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Choosing Mental Health Awareness as my niche for blogging, as it's one of the most crucial and under-discussed aspects of one's well-being among students, young adults, and Gen Z. In today's fast-paced world, where burnout, anxiety, and emotional exhaustion are common but rarely spoken about openly, I want to create content that feels real, validating, and helpful—to make others inform that mental health is equally important as physical health, if not more important than that.

Combining my interest in psychology, along with my writing skills, this niche allows me to develop content that supports, educates, and connects with people. I aim to normalize mental health conversations, share coping strategies, and encourage readers to take their emotional health seriously without feeling any sort of shame.

The blog will be aimed at young people who might be navigating stress, self-doubt, or simply feeling overwhelmed by life. Through personal storytelling, research-based posts, and resource guides, I aim to make mental health feel less like a taboo and more like a conversation, something that should have been done all those years ago.