

**CosmiCode Summer Internship Program**

**Week 2- Task # 05**

**Task 5: Create a Content Pillar Strategy Outline**

**Submitted by Xenobia Mustafa Khan**

**Intern ID: CCP\345670084**

**Submission Date: 04<sup>th</sup> July 2025, Friday**

## **Task 5: Create a Content Pillar Strategy Outline**

### **Pillar 1: Coping with Academic Stress**

#### **Subtopics:**

1. How to deal with academic pressure without burning out
  2. Study burnout vs. general fatigue — what's the difference?
  3. Mindfulness techniques for managing exam anxiety
  4. How perfectionism hurts more than it helps
  5. Time-blocking tips to stay productive (without overloading)
- 

### **Pillar 2: Emotional Well-being & Self-Awareness**

#### **Subtopics:**

1. Journaling prompts for emotional clarity
  2. Recognizing the signs of emotional exhaustion
  3. How to stop overthinking and reclaim your peace?
  4. The power of affirmations and how to use them effectively
  5. How to communicate your feelings without guilt?
- 

### **Pillar 3: Mental Health & Digital Life**

#### **Subtopics:**

1. The impact of social media on anxiety and self-esteem
2. Digital detox: When, why, and how to log off
3. Comparison culture and how it affects your mental health
4. Setting healthy boundaries online
5. Replacing doom scrolling with mindful scrolling