

# **Blog Series on Mental Health for XYZ Media**

## **Project Description**

Researched, wrote, and edited a 10-part blog series focused on mental health awareness for XYZ Media. The series aimed to educate readers on topics such as anxiety, depression, workplace stress, and self-care practices. Collaborated with mental health professionals to ensure content accuracy and sensitivity. Optimized each article for SEO using keyword research and incorporated engaging visuals.