



Mummy CONQUERING ANXIETY

Blogging Highlights

- As a family, in 2023, we launched our T-shirt website and I am happy with our progress.
- In 2022, my creative letter was published in The Power Of Letters book, with proceeds going to The Princes Trust.
- Speaker at the July 2022 Mental Health Blog Awards - I produced a 20-minute video talking about my experiences with mental health.
- Nominated in the Blogger of the Year category at the Mental Health Blog Awards 2022.
- I have written several guest posts for other websites, including a guest post for SANE.ORG.UK