

# Overcoming New Challenges

"Caring for my **daughter** full time instead of sending her to pre-school every day."

"Work/life balance lines got **very blurry** - trying to establish boudaries to keep myself **sane**."

"Living with my boyfriend - **HA!**"

"I struggled greatly with anxiety and depression throughout the year, but with some **support** and a lot of time spent working on myself I was able to **pull through** and come out **stronger**."