



# Still Blooming Me

*Heal :: Grow :: Bloom*

**A MENTAL HEALTH BLOG**

## ABOUT THE BLOGGER

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Elena is an inspirational speaker, writer, wife and mother, and PTSD survivor. Since witnessing the 2013 Boston Marathon bombing, she's faced a life challenged by PTSD. After spending years healing, finding her new center, and discovering ways to thrive and bloom, she created Still Blooming Me as a safe space for others suffering from PTSD. In addition to her advocacy efforts, she's carefully curated resources that have proven beneficial during her healing journey and shares them with her ever-growing audience.



## CONNECT WITH ME

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**Elena Breese**

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Twitter: @stillbloomingme  
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## SOCIAL MEDIA STATS

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1K+ Monthly Pageviews  
578+ Unique Pageviews MTD  
6,313 - Facebook Post Engagements  
1.9K - Instagram and Facebook Reach  
3.8% Engagement Rate