

What Have Women Achieved Throughout The Pandemic?

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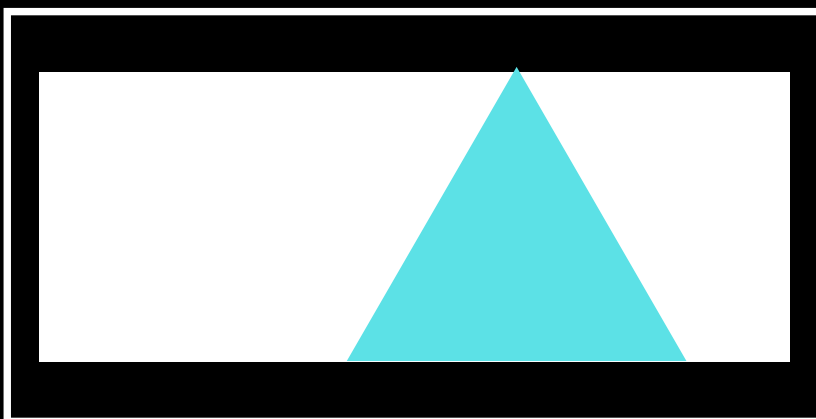
During the pandemic, women have been making the most of the time to achieve and succeed.

Have you taken to the internet to document your lockdown journey? Many women have virtually documented their journey through the pandemic.

Many fitness accounts have been created on social media where women share their health and wellbeing suggestions online. Other women have started their own female led small businesses which have blossomed over the pandemic, and as we emerge many of these businesses are able to be a singular source of income for these women. One entrepreneur is Lucie Halley – Trotter who has launched her own sustainable fashion brand and who has recently caught the attention of the media for her innovation. Many fabulous female authors have published books which have risen to success over the last year. Finally, online female communities have grown with women supporting women in everything from advice on contraception to university.



'Gals Who Graduate' (established in 2019) is an example of this online female community. The Facebook group, which was founded by University of Reading graduate, Bronte King and has now gained an impressive 36,500 members. The group focuses on helping students and graduates navigate university and post graduate life and consists of women including students, graduates, and young professionals. Not only this but, on the literary scene, the 2017 novel 'Why I Am No Longer Talking To White People About Race' by Reni Eddo-Lodge has recently become a must read in light of the Black Lives Matter movement and has risen to undoubtable success. Similarly, Florence Given's book 'Women Don't Owe You Pretty' (2020) quickly gained a reputation for its focus on female empowerment. These books are seen as being part of a new movement of literature titled 'Lockdown Literature' which many are referring to as books written or popularised throughout the pandemic.



Significantly, female led countries have been shown to have lower COVID-19 infection and death rates. The Prime Minister of New Zealand, Jacinda Ardern has gained a reputation for the successful handling of the pandemic with the current total death toll in New Zealand standing at 26 –considerably lower than many other nations. Other women have aimed to achieve small successes each day. Amongst the everyday female population, many have enjoyed taking their daily walk, some have challenged themselves to complete 'Couch to 5K' while others have begun to practice manifestation through completing gratitude journals and goal planning. All these activities prioritise putting mental health and wellbeing first.

These are just a few of the positive outcomes that have resulted from the pandemic, female successes are being celebrated by women and for many the pandemic has been their time to shine!