

For immediate release:

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Mandy Antoniaci, Writer, Entrepreneur and Mental Wellness Ambassador, launches The Daily Uplift—a project to help elevate people's mindsets and spirits during the corona-virus pandemic and to help to address its global mental health toll. Mandy's work has been featured in Inc. Magazine, Huff Post, Sports Illustrated, Business Insider, and TED, to name a few. She is a Global Ambassador for KIND and a face of their campaign, "Be Kind to Yourself." Her debut book, *Up: How Changing Your View Can Change Your Life*, releases in 2021, published by BenBella Books and Amazon's Audible. It is a book on positivity inspired by Mandy's personal story and recovery from two unexpected spinal surgeries in one year, where she lost her ability to look down ever again.

The Daily Uplift is a simple thought to uplift your day. Each one is derived from real, stories of people around the world.

Mandy launched a project called *The Daily Uplift*, writing personalized notes for strangers to help uplift mindsets and spirits during the corona-virus pandemic and to help address its global mental health toll. She invites people to share their stories on thedailyuplift.com. Every day, she randomly selects one story and in response, authors a reflection paired with a personalized note of encouragement.

Mandy started writing reflections from her recovery bed after two unexpected spinal surgeries in one year. She did this to reset her mind and to help her heal after 21 weeks of bed rest. When she started sharing them on her social feeds, she noticed they helped heal others too.

"Today, all over the world, we are all healing from the same things that I once faced—immobility, isolation, a looming new normal, and a bit of the unknown. I started an active practice—responding to strangers who wrote me through my DMs and submissions on my website, and writing a thought for them to carry throughout their day. Because of their responses, I knew this practice needed to be made accessible on a global scale. Like so many of us, I've been trying to figure out how I can best show up for service during this time. One day I stopped looking and started listening to every person who wrote to me. A few days later, *The Daily Uplift* was born."

Mandy says she does this as a daily practice of healing for both herself and others, and to demonstrate that, "against the enormity that brings us down, its simplicity that lifts us up."

She shares the reflections she writes on her social feeds as *#thedailyuplift*.

The Daily Uplift received over 200 submissions from 5 different countries within the first few hours of launching.

Together with this project, her forthcoming books, and her company, upps™, Mandy pledged a goal to lift up one million people around the world in her lifetime.

Her debut book, *Up: How Changing Your View Can Change Your Life*, releases in 2021, published by BenBella Books and Amazon's Audible. It is a book on positivity inspired by Mandy's personal story and recovery, where she lost her ability to look down ever again.

More on Mandy's project: thedailyuplift.com
More on Mandy's company: upps.com
More on Mandy: upps.com/mandyantoniacci
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