

# MICO MONTHLY MENTAL HEALTH DIGEST

WELCOME TO OUR  
**Monthly Newsletter**

APR+MAY 2025

## WHAT'S INSIDE



**Mental  
Health  
Insights**



**Monthly  
Event  
Recap**

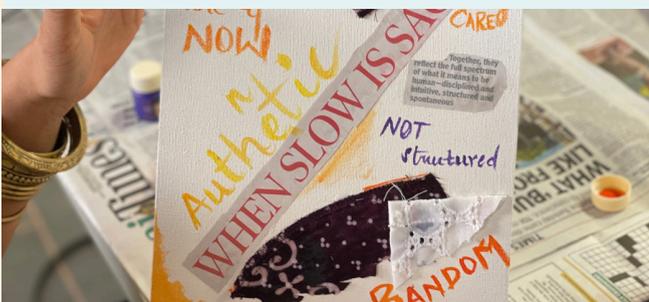
## SOBER STORIES



## THE SOUL OF PARAI



## KIRUKKALS



IN ORDER TO LOVE YOURSELF,  
YOU CANNOT HATE THE  
EXPERIENCES THAT SHAPED YOU



# Our Latest Happenings

Mental Health is connection. Here's how we've been weaving that into our work.

## Kadhaipoma



This one's for the CA community!

Through fun activities, song and dance, these accountants-to-be took a pause and connected with one another.

This workshop gave them a chance to unwind, de-stress and go beyond the numbers by jamming to live music and playing games. It showcased the magic of laughter, and understanding each other.



**Did you know?**



Loneliness can have a real, physical impact on your body and may affect your immune system and increase the risk of death, so stay close to your loved ones, and give them a big hug!

NEW

# Our Latest Happenings

Mental Health is connection. Here's how we've been weaving that into our work.

## Single Sober Stories

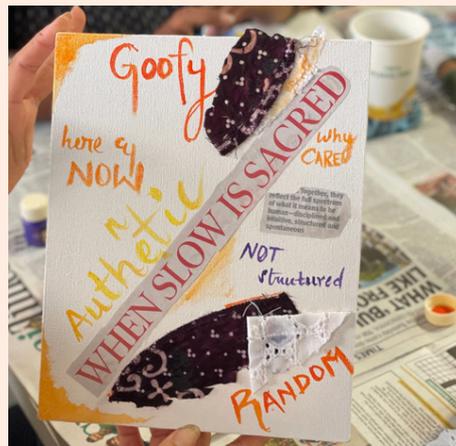


Being single and sober may be an isolating experience for some, and that's exactly why MICO conducted Single Sober Stories! Participants witnessed the power of genuine connections, raw, unfiltered stories and real bonding. The chance to share, listen and vibe led to the start of many beautiful friendships.

## Kirukkals

A workshop conducted by Ojal Jain to connect not just with your inner artist, but your younger self!

Through doodles, scribbled notes and letters that gave way to childhood memories, participants of this workshop were transported to a time when they were carefree, and relearned the importance of playing.



# A Way Forward

## Two Truths and a Reframe

Identify 2 co-existing truths, preferably one emotional and one contextual and then offer a 3<sup>rd</sup> reframe that integrates both.

### TRUTH 1 — EMOTIONAL VALIDATION

How you feel or what you're experiencing internally

*"I feel.."*

*"This is so hard because.."*

### TRUTH 2 — CONTEXTUAL GROUNDING

Another truth that provides balance, logic, or external perspective

*"However, I also know that..."*

*"At the same time.."*

### REFRAME — REALISTIC THOUGHT THAT BRIDGES BOTH TRUTHS

Gentle guidance forward

*While I feel..I also know...and that's okay"*

*"It's okay that... and I choose to..."*

### EXAMPLE:

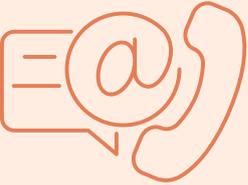
*"I feel really hurt and disappointed that I didn't get the job I wanted"*

*"I know I tried my best, and the job market is tough right now."*

*"While I feel disappointed right now, I also know it's important to keep trying"*

### **Benefits:**

When you feel lost and confused, this method helps bring a balanced perspective and helps you regain control over the situation.



# Contact us



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