

MICO Monthly Mental Health Digest

JAN 2025

Welcome,

2025

@themindandcompany_mico



To our readers,

We wish you a very happy, prosperous New Year!

This year, we at MICO have made tremendous leaps– we have conducted more workshops, seminars and been connected with numerous people all across the world, and our vision is only growing!

At our core, we have one mission– to spread awareness about mental health, and in so doing, make therapy a natural part of our lives. We want to help people tap into the power of their minds and channel that to make their lives better. To help you live better, love bigger, and have a peaceful mind– these are our core guidelines, and this past year has brought us so much closer to that goal.

This past year would not have been possible without you. In every click and share, even by reading this piece, you help us further our cause.

As we head into this new year, we hope 2025 brings you health, prosperity, and love.

New beginnings and hope abound. Remember that life is a blessing, and amazing things are around the corner.

With love and thanks,
MICO.

A Way Forward

Research has consistently shown that doing a good thing for others and making others happy makes us happy as well. So, start your new year off in the best way- do a kind thing for someone, and the effects will be felt by you both.

Your kind task could be anything, but here's a list to get you started. Tick them off as you go along!

***Give
someone a
genuine
compliment.***

***Share a meal
with
someone.***

***Donate old
clothes in
good
conditions.***

***Check in on
friends, ask
them how
they're
doing.***

***Support a
small
business.***

***Offer
assistance to
someone who
you know
needs it.***

***Volunteer for
social causes
that you care
about.***

***Write a
thank-you
note to
someone.***

***Leave an
anonymous,
kind note.***

***Leave
positive
reviews for
services
rendered to
you.***

***Call up an
old friend.***

***Help
someone
carry a
heavy load.***

In 2025, be kind to others and be kind to yourself.