

MICO MONTHLY MENTAL HEALTH DIGEST

WELCOME TO OUR

Monthly Newsletter

FEB 2025

STARTUP SINGAM-APPROVED!



In this newsletter you will find:

Our monthly update, some interesting facts on Mental Health and a Way Forward for you!



Our Latest Happenings

SINGAM-APPROVED

Our founders recently had the opportunity to present their vision on the TV Show '**Startup Singam**', and we are thrilled to announce that we have successfully secured funding to further our mission.



The judges believed in our idea and the importance of mental health, and backed us up all the way so that we can achieve our dream of making mental health more accessible to everyone!

[**Click to watch a Preview of the Episode!**](#)

Our Latest Happenings

We are now a **VALUECORN!**



Our company isn't just about the numbers; we've also got:

A. Customers First Approach

B. Empowered Teams

C. Relentless Innovation

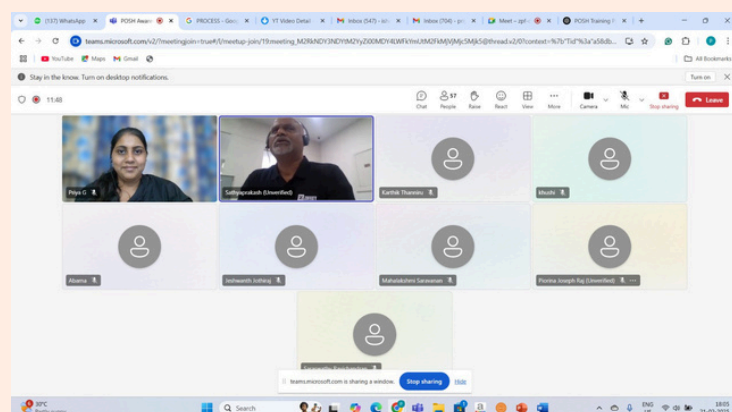
D. Integrity and Ethics

E. Sustainable Business Models

That is the true essence of a Valuecorn, a term coined by Startup Singam.

POSH training at Zifity

Our team conducted a session for Zifity employees on workplace harassment awareness, its consequences, and fostering positive colleague communication.



Emotional Regulation Training



This February, we headed to ADP India where we hosted a session for the employees to help them understand, process and regulate their emotions, leading to better workplace as well as overall life outcomes.

Our therapist used activity-based exercises such as role plays to help identify and handle emotions.

A daily dose of inspiration

Did you know?

Did you know that simply naming your emotions can help you regulate them? It's called "affect labeling," and research shows that when you put your feelings into words (like saying, "I'm feeling anxious"), your brain's amygdala—responsible for emotional reactions—calms down, making it easier to manage stress!

A Way Forward

The Five Whys

Whenever you're feeling stuck with any problem, and you find that this actually isn't the first time this problem has come up, and you still don't know the real cause- try the 'five whys' method, developed by Sakichi Toyoda,

The idea is that when you don't know the root cause of a problem, you ask the question "why" five times, and by the fifth time, you should clearly know what the problem is, and that'll help you fix it!

It could look something like this:

Problem: I'm procrastinating too much on my assignment.

- 1** WHY? – Because I don't feel motivated.
- 2** Why? – Because the subject seems too difficult.
- 3** Why? – Because I didn't fully understand the previous lessons.
- 4** Why? – Because I didn't take proper notes or review them.
- 5** Why? – Because I don't have an effective study routine.

**And there's the root cause of the problem.
Now that you know, you can fix it!**