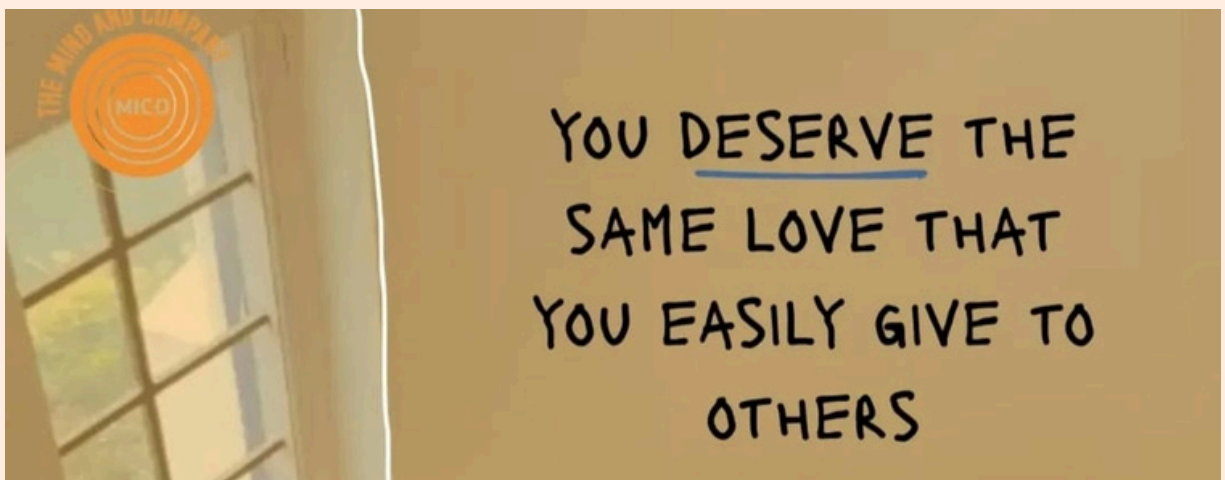


MICO MONTHLY MENTAL HEALTH DIGEST

WELCOME TO OUR
Monthly Newsletter
JUNE 2025



WHAT'S INSIDE



**Mental
Health
Insights**



**Monthly
Event
Recap**



Our Latest Happenings

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

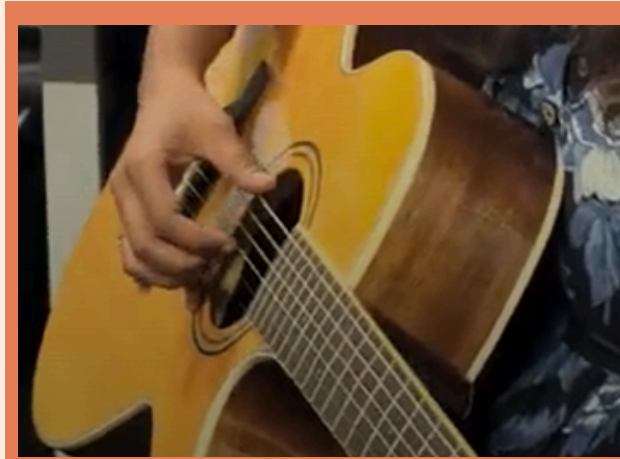
Ezхудha Kadhaiyo

Where stories flow, emotions echo, and music moves you.



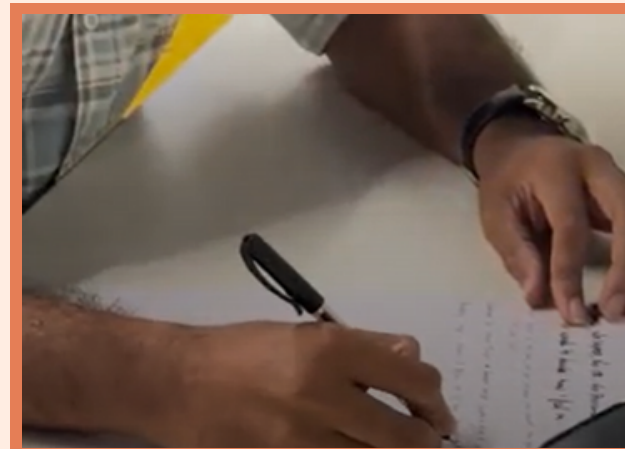
Live Band

We had a soulful band that played music according to the prompts, helping people connect with their feelings and express them. In the end, everyone joined in for a jam session and came together as one.



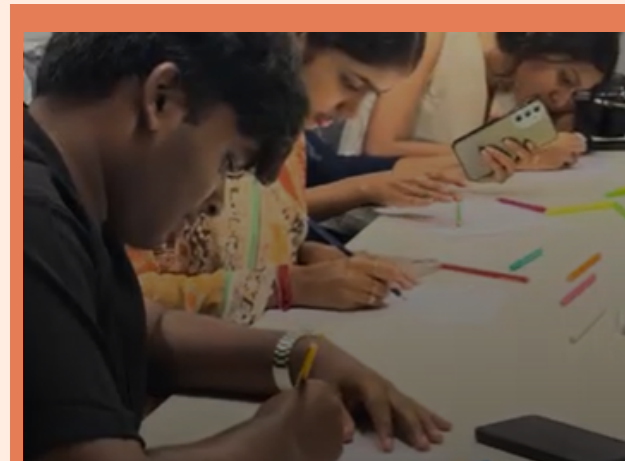
Guided Journalling

Participants were led through a guided journalling exercise by our expert therapist in order to encourage introspection and explore their thoughts and emotions.



Creative Expression

They were encouraged to use the power of sketching and art in order to freely express and explore the therapeutic effects of visual story-telling.



Well-Balanced Pop-Up

Nikitha, the founder of Well-Balanced helped to make the event even more exciting by hosting a pop-up with wellness products.

Did you Know?



Engaging in visual storytelling like art therapy can help reduce stress and anxiety. It can also make you more resilient and improve your brain's functioning.



A Way Forward

The Traffic Light System

STEP 1: GET TO KNOW YOUR COLOURS

Green: I feel safe, balanced, and in control - calm, focused, optimistic.

Yellow: I feel a bit off or tense - restless, overwhelmed, distracted.

Red: I'm overwhelmed or in distress - anxious, shut down, panicked.

STEP 2: IDENTIFY WHERE YOU FALL

Today I feel most in the:



STEP 3: THE CLUES

1. What thoughts am I having?

2. How has my body been feeling lately? And what does this tell me?

3. What have I been avoiding?

A Way Forward

The Traffic Light System

STEP 4: MY ACTION PLAN



If I'm in green, keep going! **Stay connected, Celebrate small wins.**



If I'm in yellow, take a short break. **Talk to someone I love, think about my expectations.**



If I'm in red, **ask for support. Pause and take care of my basic needs.**

STEP 5: PLANNING AHEAD

What helps me stay in the **Green Zone?**

☐

Music

☐

Working out/Movement

☐

Journalling

☐

Friends

Others:



Contact us



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