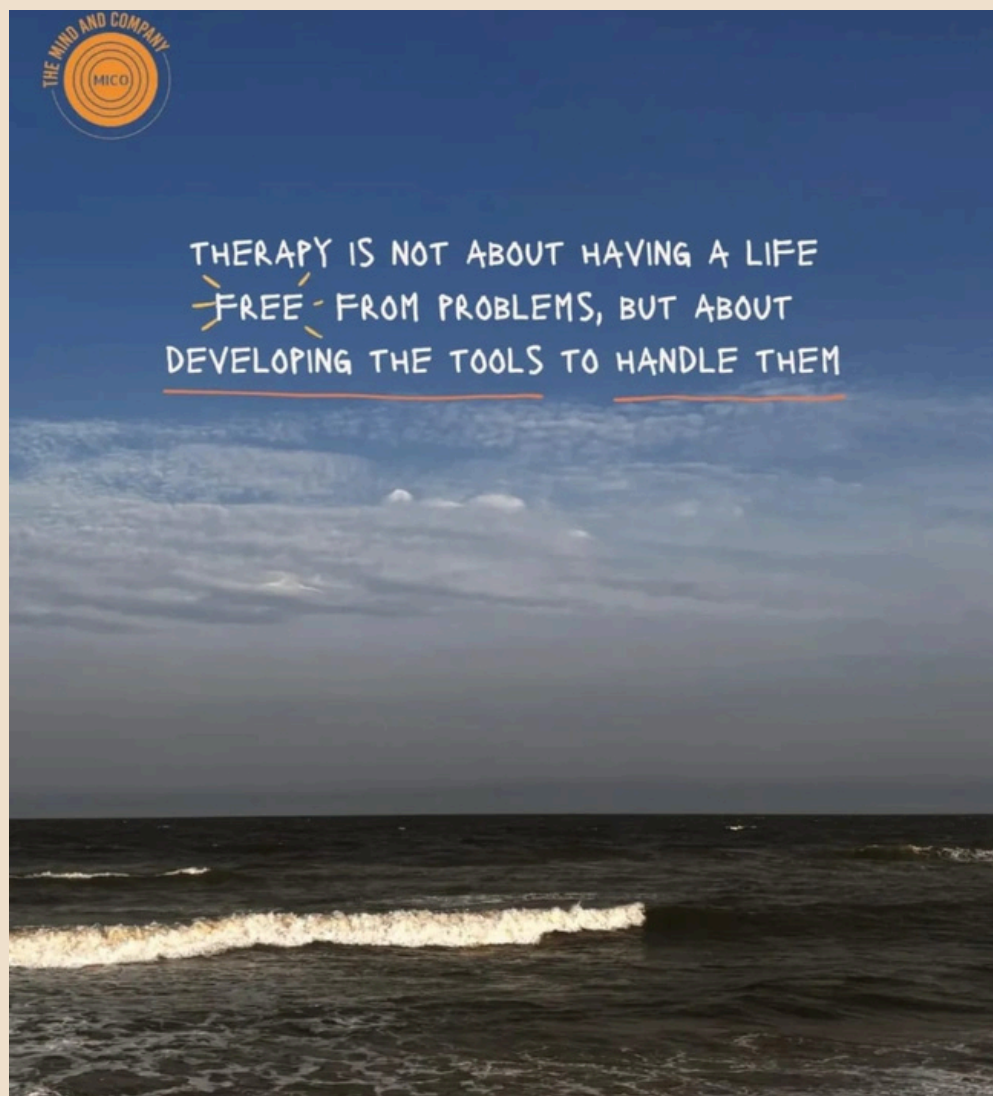


MICO MONTHLY MENTAL HEALTH DIGEST

WELCOME TO OUR

Monthly Newsletter

MARCH 2025



↓ **In this newsletter you will find:**

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



Our Latest Happenings

FUR-GET YOUR WORRIES!

What better way to de-stress than with some furry friends?

This March, we organized a fun-filled workshop with pets to help people unwind and rejuvenate.



PLAN WITH THE PETS

- Interactive Icebreaker Session
- Letter to a pet lover
- Play with the pets
- Canvas Art with the pets (you can take that to frame in your house)
- Therapeutic benefits of playing with pets
- Hosted by a therapist
- Rekha's Hermitage with Pets



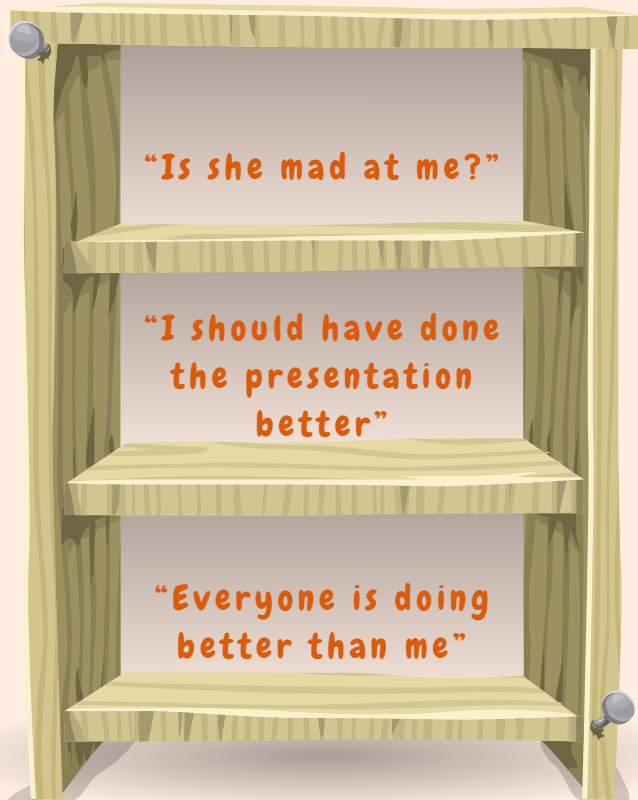
Guided by seasoned animal-assisted therapist Anjana K Thampy, this workshop was a roaring success and left people with more peace in their hearts.

Did you know?

Laughing not only boosts your mood, but it also has physical health benefits, making it a fun and natural way to improve your well-being!

A Way Forward

The Mental Shelf



This is a way for you to reduce emotional overload, increase clarity, and allow you to focus your energy on what truly matters in the moment.

Here's how to do it:

STEP 1 - Make a list of things constantly running through your mind and taking up space.

STEP 2 - Visualise a sturdy shelf, filing cabinet or a digital folder, and imagine placing each of your thoughts on that shelf.

(you're not throwing them away, you're keeping them there *for now*)

STEP 3 - Schedule a return. Some things might need attention in a few days or a week so come back to them then.

STEP 4 - Revisit it. In a month or so, come back to the shelf, and think about whether these things still need attention, and to be addressed or not.