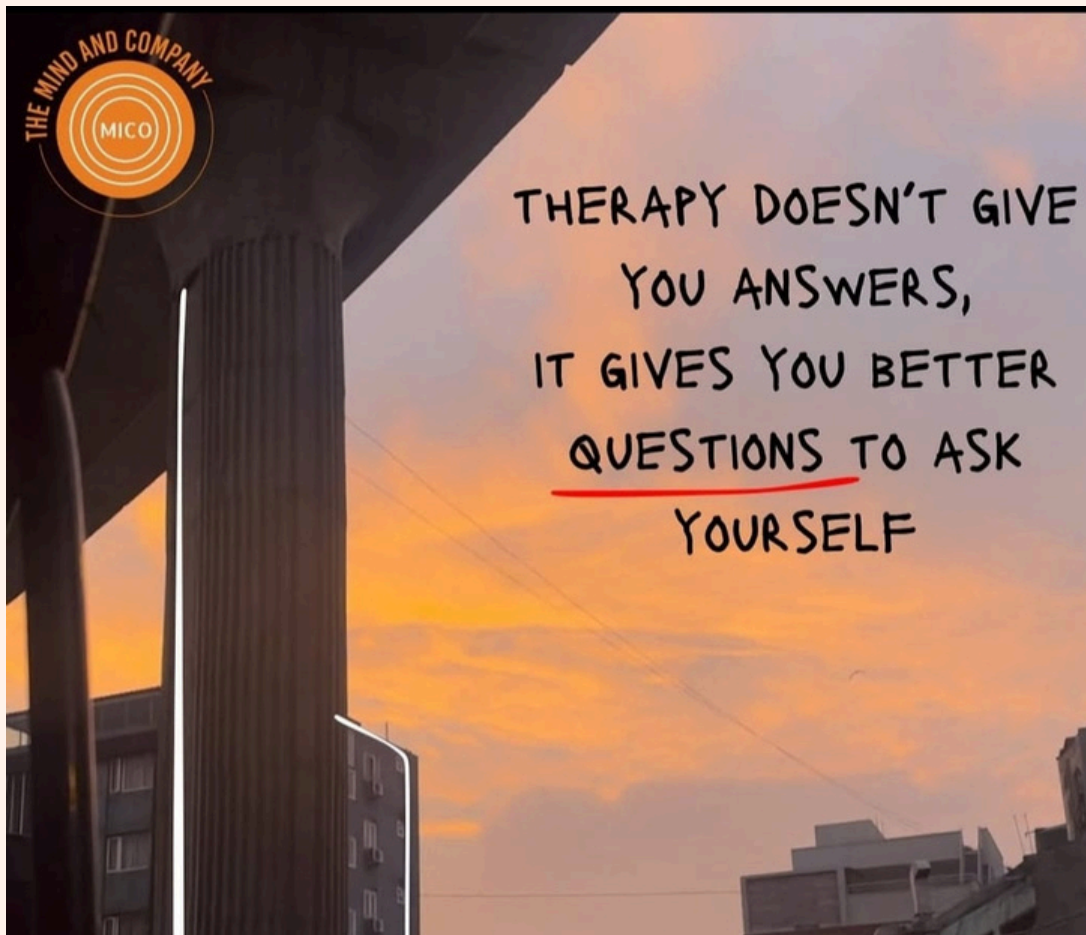


MICO MONTHLY MENTAL HEALTH DIGEST

WELCOME TO OUR

Monthly Newsletter

OCT + NOV 2024



↓ In this newsletter you will find:
**Our monthly update, some interesting facts on
Mental Health and a Way Forward for you!**



Our Latest Happenings

Harnessing the Power of words: from Talk to Triumph.

Our senior therapist Priya recently led a workshop in Vellore Institute of Technology on finding solutions through language.



She highlighted the importance of words and being able to communicate effectively in order to address difficulties.



Spense on LinkedIn:
#mentalhealth #mindfulness
#entrepreneurship #therapy...
Exploring Mental Health 🗨️ We interviewed the founder of The Min...
[linkedin.com](https://www.linkedin.com)

An exclusive interview with our founder, Karthik Manikonda, exploring the story behind our company's inception and unveiling the transformative journey of therapy.

This November, we were thrilled to partner with the Indian Mental Health Youth Summit India 2024 to advance the cause of mental health for the Youth.

A Way Forward

The Pomodoro Technique

If you find yourself continuously distracted and unable to finish a task at hand despite setting goals everyday, it may be time to try the Pomodoro technique.



It's simpler than it sounds.
Follow these steps:

1. **Set a 25 min timer**
2. **Do your best to focus in this time**
3. **At the end of 25 mins, take a 5 minute break-stretch, get a snack**
4. **Repeat!**

This technique will keep your productivity high and fatigue low!

DID YOU KNOW?

Positive life experiences can actually cause changes in your brain and your DNA!

Quote of the month

Riches, prestige, everything can be lost. But the happiness in your own heart can only be dimmed; it will always be there, as long as you live, to make you happy again.

Anne Frank