

MICO MONTHLY MENTAL HEALTH DIGEST

APRIL 2024

WELCOME TO OUR

Monthly Newsletter



↓ In this newsletter you will find:

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

Our Latest Happenings

WORKSHOP 1: ART THERAPY



Our therapist Nikitha led an art therapy session where the mind's voice and feelings were translated on to paper. Each stroke and fold of paper whispered a little story.

Participants were encouraged to listen to their own stories and de-stress in the process.

WORKSHOP 2: DRAW THE LINE BETWEEN WORK - LIFE BALANCE



Ever wonder how to stop bringing work home and be able to actually have a life outside work? Our therapist Syed led a workshop in the art of balancing your work and outside life to make it more fulfilling and happier.



A way forward

THE 5,4,3,2,1 GROUNDING METHOD

If you've ever felt overwhelmed and out of breath and stressed, this is a great grounding method to try and calm the body and mind down.

It helps you to “ground” your thoughts and body.

In a situation where you're feeling overwhelmed, try to identify:

- | | | |
|----------|----------------------|---|
| 5 | things you can SEE |  |
| 4 | things you can TOUCH |  |
| 3 | things you can HEAR |  |
| 2 | things you can SMELL |  |
| 1 | things you can TASTE |  |

The idea behind it is simple: it is an attempt to shift one's own thoughts away from overwhelming/ stress-inducing thoughts and focus on the self and the present moment. In doing so, it helps the mind to calm itself using the 5 senses to bring it back to the present.

Check out our testimonials!

<https://www.instagram.com/reel/C4c9gHrSNBf/?igsh=MWdqMzZ1OTJyc2theA==>

MICO's Media Pick of the Month



This 2010 Julia Roberts classic is based on a book of the same name. It is perfect if, like the protagonist, you too are feeling lost and lacking in clarity. It speaks about finding

balance, passion and purpose and is sure to make you feel good, and inspired.

DID YOU

KNOW?

If you already like something, being exposed to it more frequently is likely to increase your liking of it. This is usually what happens with marketing products, and even lab partners!



Scan the QR code and after 3.5 minutes, you'll leave wanting to conquer the world!