

MICO MONTHLY MENTAL HEALTH DIGEST

FEB 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: THE ART OF SELF-LOVE

What is the science behind love?
Do we really need to love ourselves before we love others?



These are the questions that therapist Syed Urooj addressed in our workshop.

The session contained activities to bring out the lover inside each person and build a better relationship with themselves.

By the end of the workshop, participants were able to better express and accept love, and be a better lover.

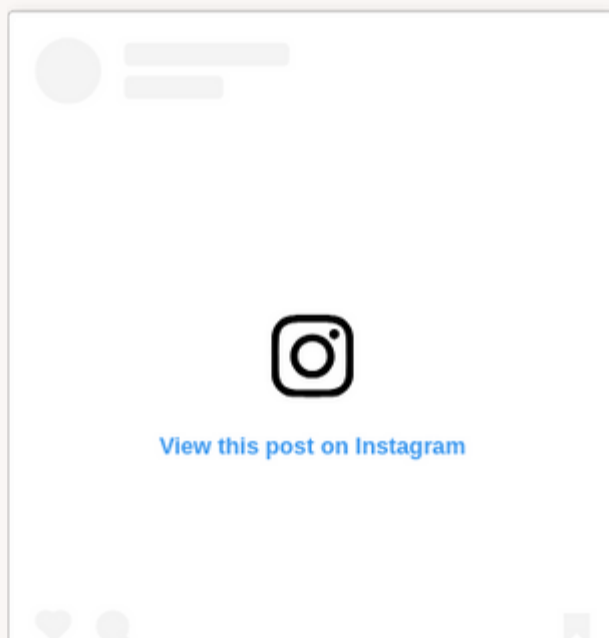
WORKSHOP 2: THE ART OF BEING CHILL IN LIFE



Participants in the workshop were guided to learn how to live in the present and develop practical skills to stay grounded and calm in the midst of daily challenges.

The workshop also spoke about fostering a positive mindset and cultivate a healthier relationship with time.

Our reel of the month



A way forward

Gratitude Journalling

The way forward this month is by keeping track of the positive experiences in your life,

It's as simple as it sounds: you simply write down the things that you're grateful for in the day. You can choose to add/draw pictures, make silly caricatures and doodles, anything that makes you happy!



At the end of the day, the goal is to keep a regular schedule to make practicing gratitude a habit, because it can be easy to forget.

“Dear diary, I'm grateful to be alive.”

MICO's Media Pick of the Month



'Never Have I Ever' is a Netflix show that portrays the authentic struggles that its characters face, like grief, anxiety and depression. It destigmatizes these battles, and emphasizes on the importance of seeking help and having good relationships. It's a great show to watch if you're in the mood for a feel-good show.

DID YOU 
KNOW 

Research has found that even pretending to smile when you're not in a very good mood can improve how you feel!



Scan the QR code to listen to a song that's sure to make you feel good!

 @themindandcompany 

WWW.THEMINDANDCOMPANY.COM