

MICO MONTHLY MENTAL HEALTH DIGEST

JULY 2024

WELCOME TO OUR

Monthly Newsletter



↓ In this newsletter you will find:

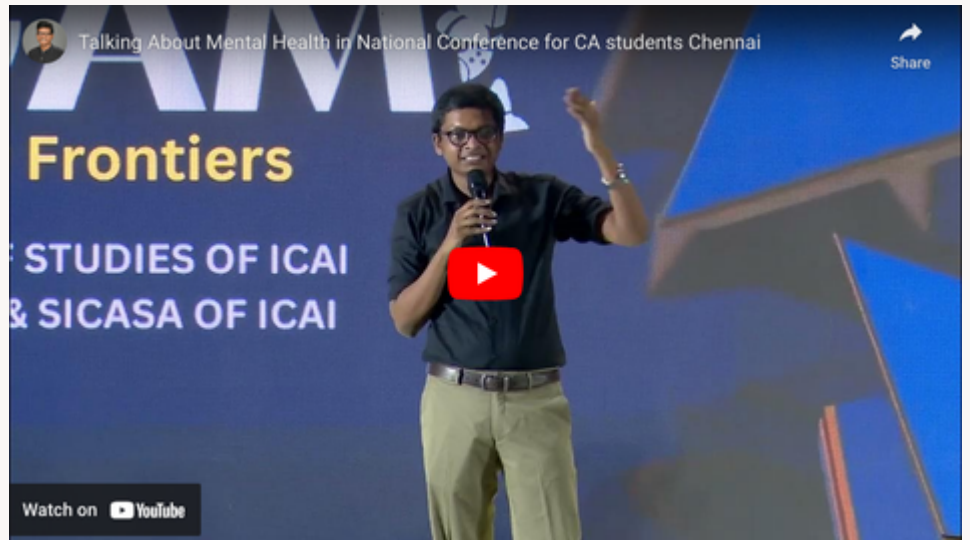
Our monthly update, some interesting facts on
Mental Health and a Way Forward for you!

Our Latest Happenings

Empowering Future CAs

Our Founder, Karthik Manikonda, recently addressed CA students in a National Conference for CA students in Chennai.

He explained the importance of taking mental health seriously, and used fun methods to do so.



Watch till the end for a heartwarming idea!

Gifting Partners at YourStory's Event



Here's a sneak peek at the gift kit!

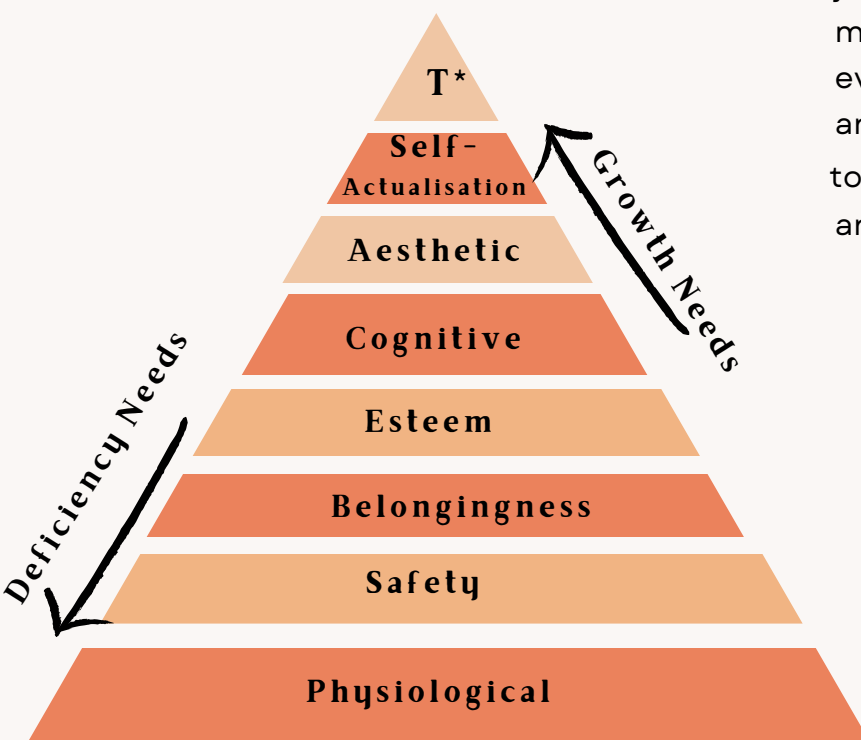
The Mind and Company was a **gifting partner** at YourStory's event **TamilNaduStory2024!**



This was an event to power India's top gathering of business leaders, decision makers and entrepreneurs, to transform Tamil Nadu into a global innovation leader.

A way forward

MASLOW'S PYRAMID



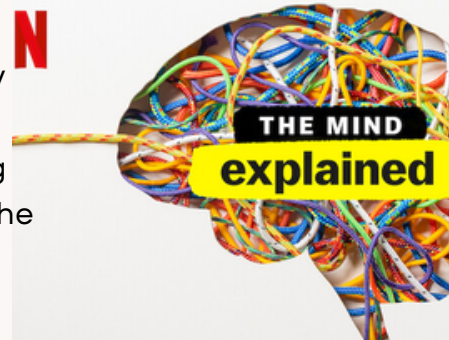
*transcendence

Abraham Maslow is most widely known for his contribution to the field of positive psychology. According to him, all of us have different stages of 'needs' that need to be fulfilled in order to live a happy life and achieve our fullest potential.

Physiological	hunger, thirst, sex
Safety	shelter, clothing, security
Belongingness	trust, love, acceptance
Esteem	dignity, status, achievement, prestige
Cognitive	curiosity, knowledge, understanding
Aesthetic	beauty, balance, form
Self- Actualisation	peak performance, fulfillment
Transcendence	higher reality/purpose

MICO's Media Pick of the Month

This documentary TV series takes you on an exciting journey through the mind, exploring everything from anxiety and dreams



to the magic of mindfulness, all with accuracy and exceptional graphical representations.

No matter how you feel, know that you're not alone. Our therapists answered some anonymous rants, take a look!

<https://www.instagram.com/reel/C-IT6TUSfxA/?igsh=MWUzcHhiaXo5amZlZw==>

DID YOU KNOW?

It is common to think that you know others better than they know you. This phenomenon is called the "illusion of asymmetrical insight". This can affect your judgement by influencing how you communicate with others.



This song by Debussy is guaranteed to leave you calmer and thinking clearer than you were before.