

# MICO MONTHLY MENTAL HEALTH DIGEST

JUNE 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

Our journey is featured in YourStory Tamil!



மன அழுத்த சமயத்தில் மனம் விட்டு பேச உளவியலாளர்களை இணைக்கும் ஆப் - சிஏ பட்டதாரியின் உன்னத முயற்சி!  
படித்து முடித்து விட்டு கைநிறைவான சம்பளம் வாங்கியவர் கார்த்திக் என்பவரின் இழப்பால் மன ஆரோக்கியம் சார்ந்த ஸ்டார்ட் அப் களத்தில் ஆலோசனைகளை வழங்குவதோடு...

மகிழ்ச்சி!

we're also their official gifting partner.

but we didn't stop there.

We went to **JUNIOR KUPANNA**

and discussed the importance of mental health through some fun team building activities.

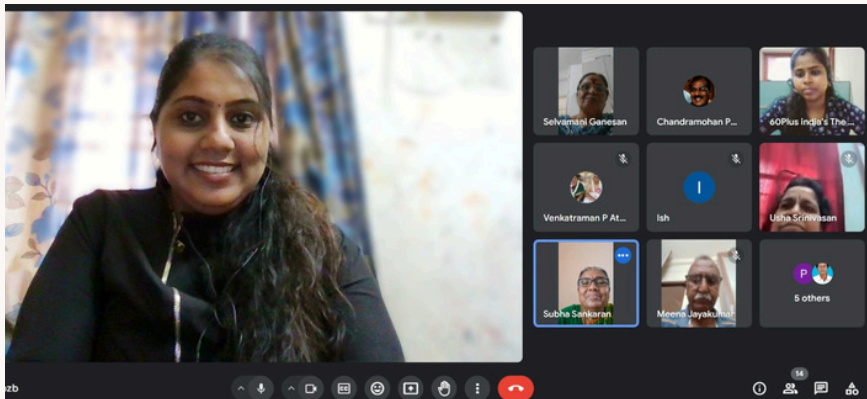
Gifting Partners



# Our Latest Happenings

## Mental Health matters at every age:

Our therapist Priya facilitated a session for individuals aged 60+ to help them cultivate self-compassion, resilience and accept social support in their golden years.



## We spread our artistic wings, and let creativity fly!



Through a session with Nikitha, our facilitator, these participants unleashed their creativity and de-stressed in the best possible way, learned valuable mental health lessons and made friends along the way!





# A way forward

## ROGERS' IDEAL SELF

According to Carl Rogers, a humanistic psychologist, happiness or life satisfaction arose when there was congruence between your real self and your ideal self.

REAL  
SELF

HAPPINESS

IDEAL  
SELF

Your real self is the version of you that you are right now, with all your strengths, weaknesses and flaws.

Your ideal self is the version of yourself that you aspire to be- how you do and feel things.

According to Rogers, **the closer you come to bridging the distance between these selves, the happier you'll be!**

So take that first step to be kinder, adventurous, understanding, or whatever you'd ideally like to be.

## MICO's Media Pick of the Month



Who are you, really?

Inside Out 2 is a great film to understand the impact that thoughts and emotions have on our sense of self.

It gives a face and a name to the emotions we all face, and in the process,

helps us understand and be kinder with ourselves.

Thinking about therapy but still unsure? Watch this.

<https://www.instagram.com/reel/C8o2XKho-xR/?igsh=bnozNXZ6MmpxdmJw>

## DID YOU KNOW?

You are likely to continue to put in time, money and other resources into a long lasting situation even if it's not fulfilling, since you've already "sunk" into it.

This is the Sunk Cost Fallacy, a cognitive bias, which is a 'faulty' way of thinking.



Scan the QR code to listen to an anthem of strength and resilience!