

MICO MONTHLY MENTAL HEALTH DIGEST

MARCH 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: MENTAL HEALTH AWARENESS AT EQUITAS BANK



MICO extended our operations to Equitas Bank, where we spoke to employees and the importance of mental health and good work-life balance.

WORKSHOP 2: ART THERAPY



This workshop harnessed the power of art to help people explore their thoughts and feelings, meet new people and gain new perspectives. Art and Self-expression exercises and worksheets were a vehicle towards self-understanding.

WORKSHOP 3: CELEBRATING YOU: AN EXPERIENTIAL WORKSHOP

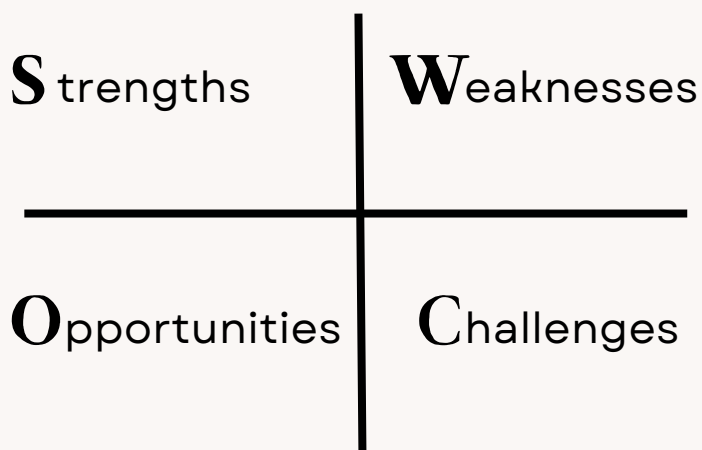


This workshop was aimed at exploring the power of self-compassion and acceptance, learning how to love yourself, build your confidence and boost your self-esteem.

A way forward

The SWOC Analysis

Whether you're stressed and overwhelmed about any situation, or you need a strategy to tackle that problem at work, here's a simple game plan: the SWOC Analysis.



STRENGTHS are all the resources (social and physical) and skills that you have at your disposal to tackle the problem.

WEAKNESSES are not personal failures, they are simply something that may be lacking and has to be worked on.

OPPORTUNITIES are the avenues where you can grow and expand.

CHALLENGES are obstacles in your path that you may need to overcome.

Knowing where you stand with a SWOC Analysis will help you define the steps needed to move forward. Always keep going, and never lose faith.

Check out our testimonials!

<https://www.instagram.com/reel/C4RJ7NmS6Ar/?igsh=ejViOWIyM295a2Zs>

MICO's Media Pick of the Month



Zindagi Na Milegi Dobara (transl. You Only Live Once) is a movie about friendship, chasing your dreams and living life to the fullest. The characters understand the importance of work-

life balance, living for the sake of joy and not just money, and being their true, authentic selves. You're guaranteed to want to take a friends trip to Spain after this!

DID YOU

KNOW?

Little things like exercising, diet and getting more (natural) bright light can increase the serotonin in your body, making you happier!



Scan the QR code and you're guaranteed to do a little happy dance!