

MICO MONTHLY MENTAL HEALTH DIGEST

MAY 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

Spreading the message across boundaries!



A Mother's Day Workshop

This Mother's Day, we celebrated in a big way! We facilitated a workshop in collaboration with TheMamaShrink to give moms one of the best gifts- the gift of me-time!

By conducting a fun-filled workshop for fathers and children, we assured that all moms could enjoy the day in any way they wanted.

What is happiness? Therapist Athiya Kabir speaks:

<https://www.instagram.com/reel/C7MM9zaI9m-/?igsh=MWM1amJ1OXJ0a3h0cQ==>

Find more on Instagram: @themindandcompany_health

A way forward

SMART goals

Ever wonder why you make goals, even write them down, but they just don't seem to happen no matter how hard you try?

Well, you might not be following the SMART goal formula.

Specific
Measurable
Achievable
Realistic
Time-bound

The key is to set very specific targets for the short-term and long-term, make sure that there's some way you can measure it, make them achievable and realistic and not unreasonable goals, and set deadlines for them too.

For example, if you want to get fitter, SMART goals may look like:

S	A	T
10,000 steps/day	10,000 in 1 day ✗ Increasing 200-400 steps/day ✓	3-4 month deadline + weekly goals
M	R	
Fitness tracker/watch	Slowly increase fitness, not immediately produce results	

MICO's Media Pick of the Month



If you're thinking that everyone's been talking about Kiran Rao's Laapataa Ladies, rest assured it's with good reason!

The movie follows Deepak as he tries to search for his lost bride after accidentally

bringing home the wrong bride. It is a brilliant, heart-warming story of what it means to love, have faith, and fight for one's freedom and autonomy in life.

DID YOU KNOW?

The adaptation level phenomenon is a psychological concept whereby we get used to new situations or new levels of stimulation and judge our past experiences based on this new level.

This can apply to technology, relationships and even feelings!



Scan the QR code to listen to a song that'll make you want to live your life to the fullest!