MICO MONTHLY MENTAL HEALTH DIGEST

WELCOME TO OUR

Monthly Newsletter

JAN 2025

SOMETIMES, THE QUIETEST MOMENTS BRING THE LOUDEST INSIGHTS
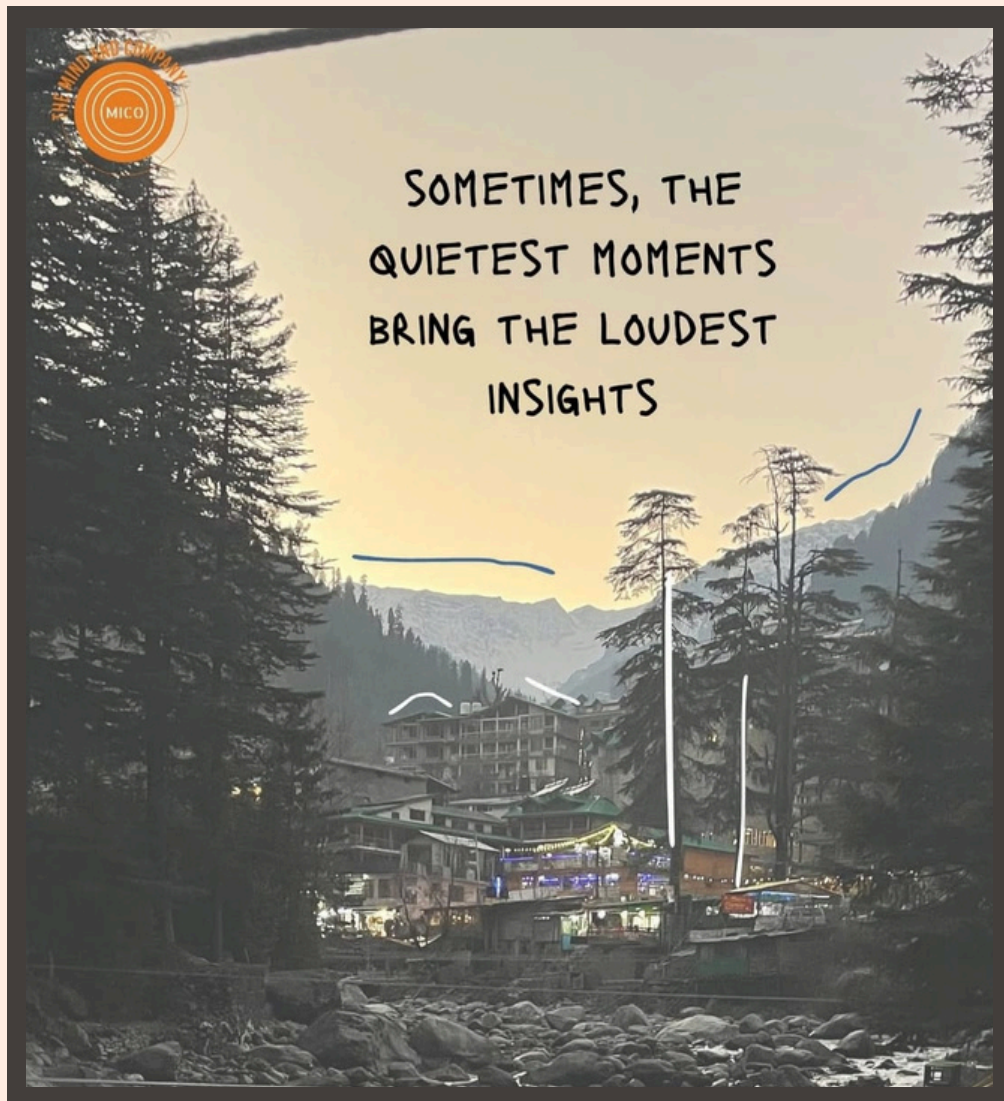
In this newsletter you will find:

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

A Stellar Workshop

Our therapist, Priya, conducted a workshop at Stella Maris College to help participants enhance their communication skills and express themselves more effectively.

Chennai, Tamil Nadu, I

Chennai, Tamil Nadu, India
20/5 , Krishnaswamy Avenue, 86, Sivasankaran R
Teynampet, Poes Garden, Teynampet, Chennai, T
India
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This interactive, activity-based workshop equipped students from the HR and Bioinformatics departments with practical strategies to develop assertive communication skills, fostering confidence, clarity, and effective self-expression in professional and academic settings

Can you buy Happiness?

Ronnie Screwvala comments.

A daily dose of inspiration

Did you know?

The way we perceive colour is subjective. Two people could be looking at the same object but understanding it as different shades!
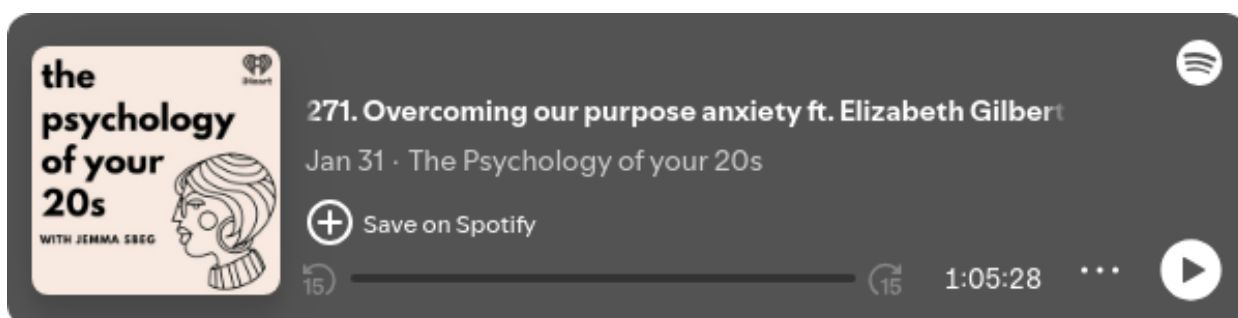
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Quote of the month

Growth must be chosen again and again, fear must be overcome again and again.

Abraham Maslow

The hidden impact of stress on your body:

the psychology of your 20s
WITH JEMMA SBEG

271. Overcoming our purpose anxiety ft. Elizabeth Gilbert
Jan 31 · The Psychology of your 20s

⊕ Save on Spotify

1:05:28

The Reverse Bucket List

The traditional bucket list is fun, but a reverse bucket focuses on what you've already achieved, rather than what's to come. It is an important reflection on the things you've achieved so far. **Write down the things you've achieved, what you've overcome, and what it meant to you to do that**, and see how you feel at the end!

Here's some prompts to get you started:

1. Personal Achievements

What did you think you couldn't overcome, but you did?
Are there skills you've learnt over time?
A situation where you think you've learnt from mistakes?

2. Experiences

Are there wonderful places you've visited? What was it like?

What did you learn when you stepped outside your comfort zone?

Did someone help you recently/Did you help someone else?

3. Life Lessons

How have you changed from a year ago?
Has your perspective on anything changed?

Remember, the possibilities are endless! Anything is possible. Use the list to reflect, and move forward.