

MICO MONTHLY MENTAL HEALTH DIGEST

AUGUST 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

Painting Peace at ADP India

Our therapist Nikitha Sathi facilitated an art therapy session at ADP India, and it's safe to say that it was a raging success!

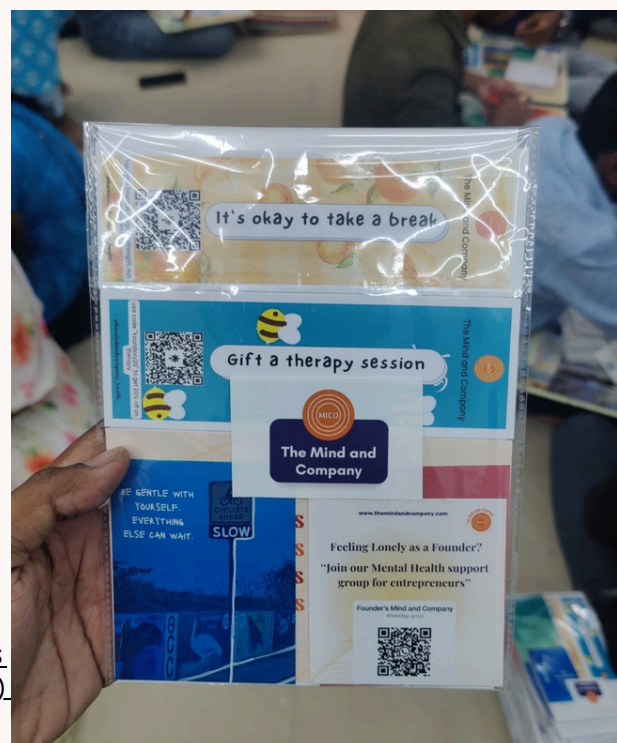


Sharing the joy with gifts

Our gifting streak continues! This month, we are gifting partners for ET the Soonicorns Summit 2024 powered by Phoenix Mills Ltd. Residential!

Find out more-

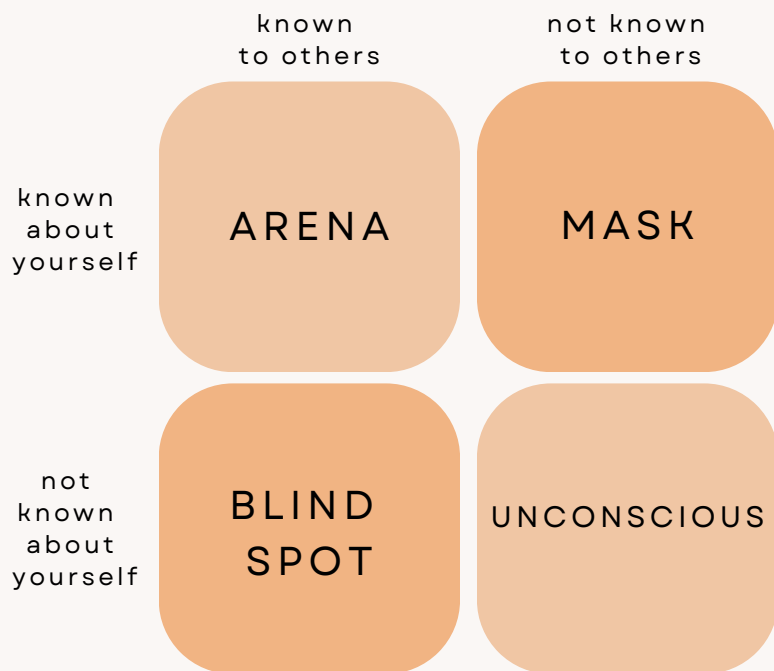
[ET SOONICORNS SUMMIT 2024 | ECONOMIC TIMES](#)
[- JOIN TOP UNICORN STARTUPS \(INDIATIMES.COM\)](#)



Find more on Instagram: @themindandcompany_health

A way forward

THE JOHARI WINDOW



Developed by Luft and Ingham (1955), the Johari window is an exercise to improve self-understanding and communication in interpersonal relationships.

ARENA: that which is known to us and others, such as overt attitudes and behaviours.

MASK/FACADE: what's known to us, but not others. Includes anything we may be hesitant to reveal about ourselves.

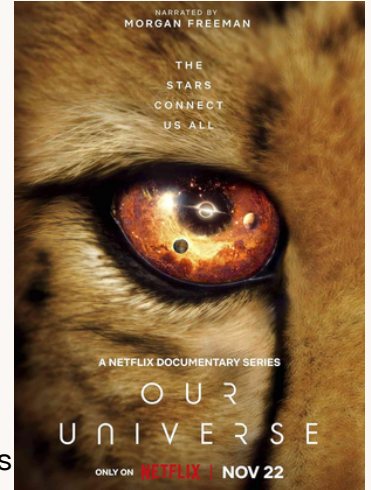
BLIND SPOT: those parts of ourselves that we may not be conscious of, but that others can witness in us.

UNCONSCIOUS: material not known to oneself or to others around.

MICO's Media Pick of the Month

This 2022 limited episode series tells the remarkable story of our universe, and shows how the smallest creature is tied to creation itself.

The wondrous graphics and storytelling are sure to leave you feeling at one with the universe; content.



Quote of the month

“Those who have a 'why' to live, can bear with almost any 'how'.

DID YOU KNOW?

You're more likely to receive help in a crowd if you specifically ask particular people to do that act, due to the **BYSTANDER EFFECT**- a tendency not to go forward and help, thinking that somebody else will.