

MICO MONTHLY MENTAL HEALTH DIGEST

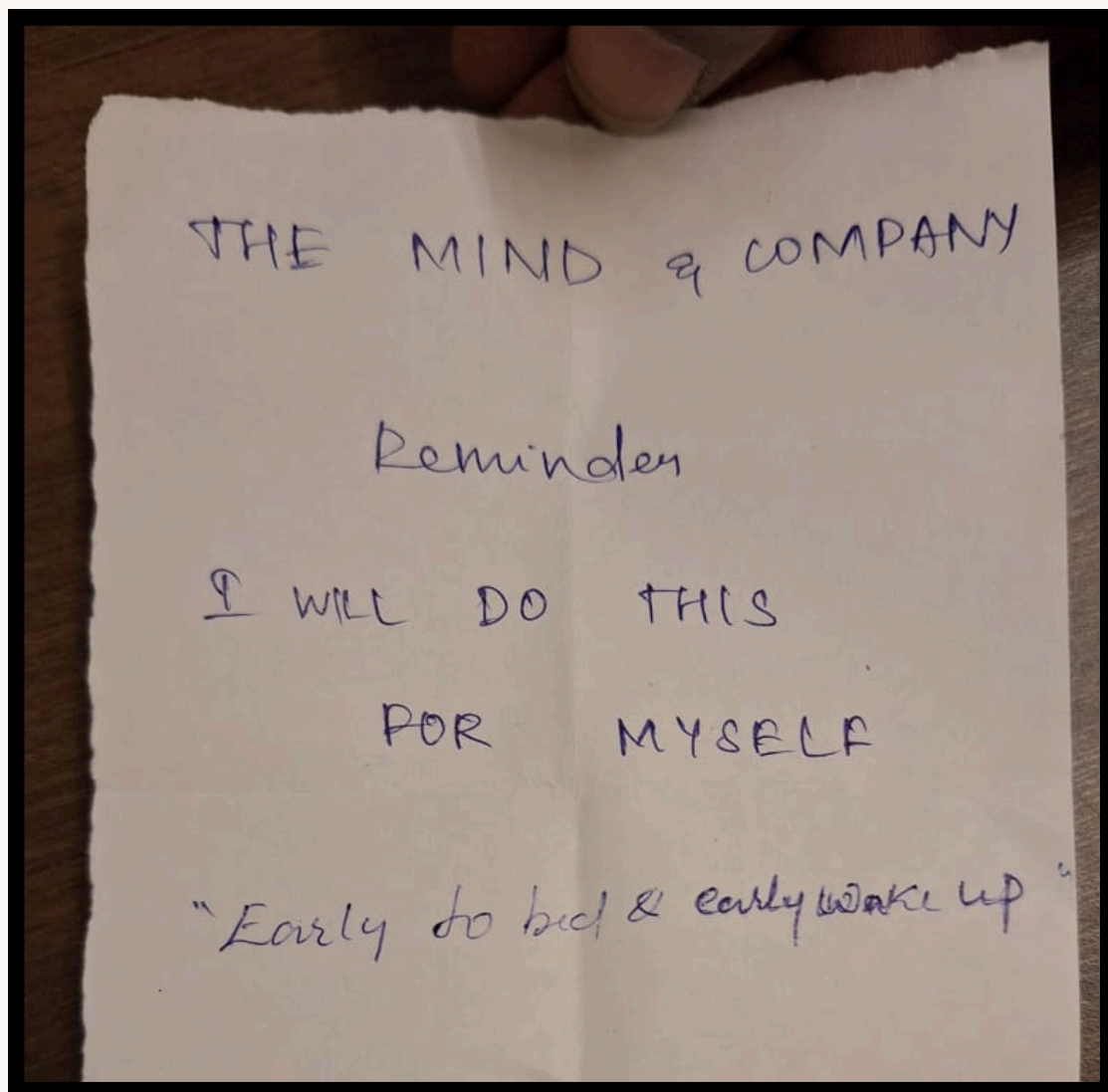
SEPTEMBER
2024



WELCOME TO OUR

THE MIND & COMPANY

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 at AIIMS

Our founder, Karthik Manikonda, recently took the stage at the AIIMS Mental Health Festival to emphasize the vital importance of mental well-being. We're also proud to share that Mind and Company served as a gifting partner for the event!



Junior Kuppanna Workshop fun!

Our team recently hosted a highly successful workshop for the dedicated employees of Junior Kuppanna in Chennai! The energy, engagement, and enthusiasm made it an experience to remember.



Our Latest Happenings

The SRM Spotlight: A Session to Remember

Our senior therapist Priya, recently conducted a workshop at the Psychology department of SRM Arts and Science College.



She spoke to the students about the importance of mental health, and taught them ways to prioritize it amidst the academic and emotional pressures they face.

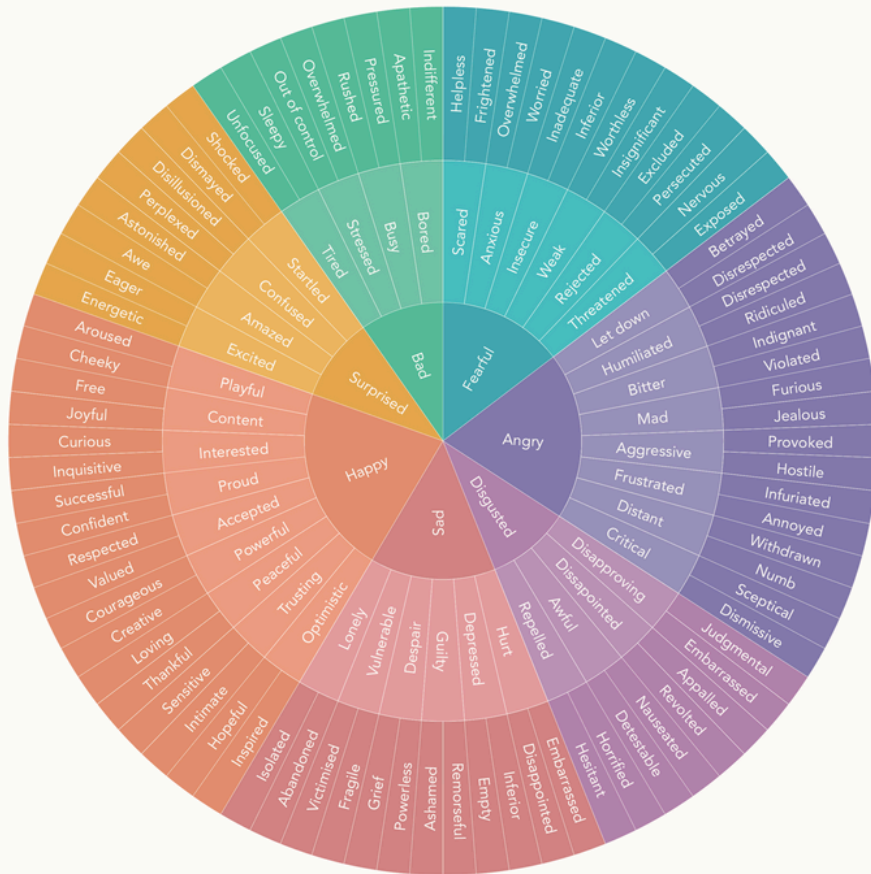


The students were engaged with introspective questions and role plays, and took away many learnings from the session!



A way forward

THE EMOTION WHEEL



Ever felt something but don't know why you're feeling that way?

That's where the Emotion Wheel- a powerful tool that breaks down complex feelings into six core emotions: happiness, sadness, anger, fear, surprise, and disgust comes in. It not only helps identify what you're feeling but also shows how emotions are interconnected.

Why is this useful?

By tracing your current feelings back to their root emotion, you can better understand the underlying cause and manage it more effectively. It's perfect for journaling, improving emotional intelligence, and gaining psychological insights.

Quote of the month

It's not about getting the feeling out of the mind, or hiding it, but experiencing it with acceptance.

-Carl Rogers

DID YOU KNOW?

Research has shown that making others happy makes us happy as well!

So go ahead and make someone happy today, and you'll feel better too.

MICO's Media Pick of the Month



Tune in to "I'm Fine", MICO's Spotify podcast, where you can learn about narcissism, eating disorders, postpartum depression, and a lot more.