

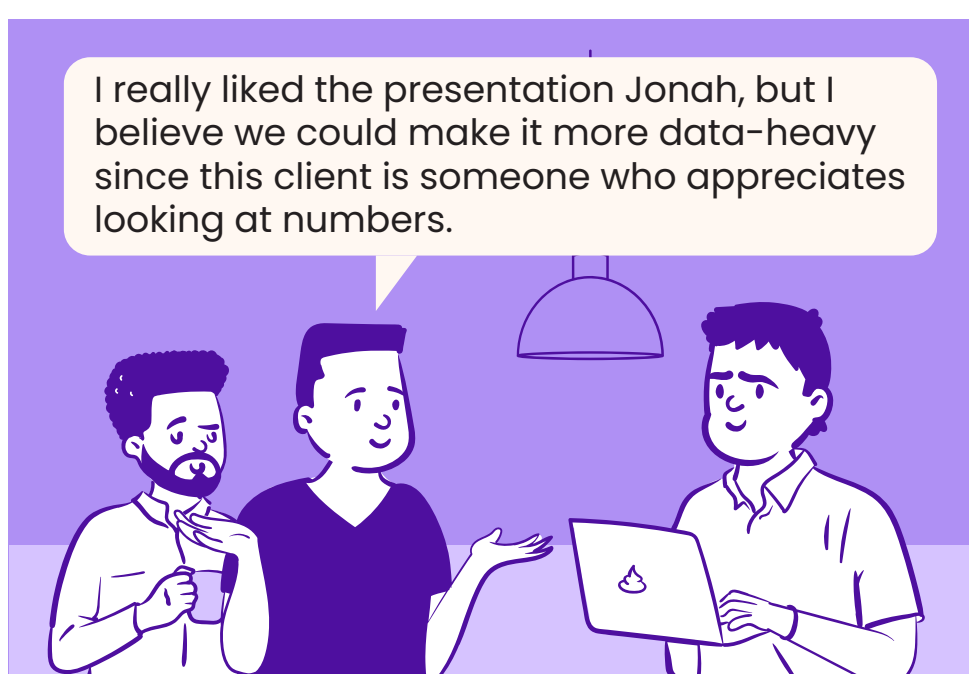
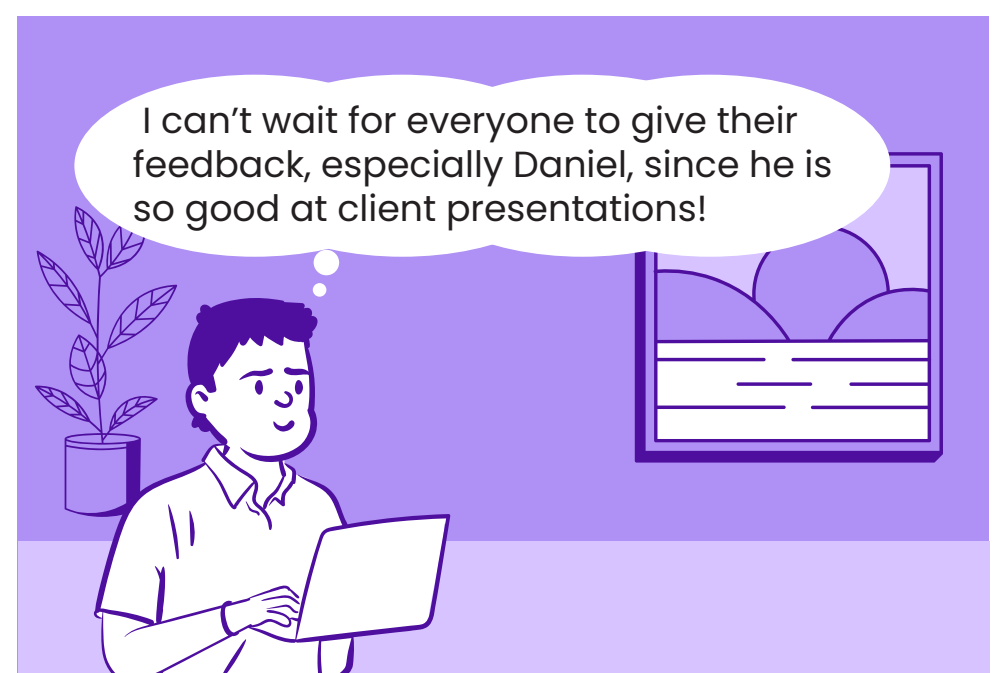
Your Mental Health Every Day



These comic strips help shine a light on a few ways in which we encounter mental health concerns every day and help us understand them better. Remember, mental health concerns don't always have to be full-fledged illnesses for us to act on it. They can be everyday concerns that impact the quality of our daily life.

Conquering Negative Thoughts: Finding Grey In Between The Black and White Thinking

Jonah is a new employee, who has been in the organisation a few months. His first presentation to the client is coming up and his manager has asked him to do a mock presentation with the team to get some practice.





When thinking in all-or-nothing terms, you split your views into extremes. It can affect your mood, morale, and in some cases, your performance too. To replace these types of thoughts, one needs to observe them and replace them with realistic ones.

Comic Strip 02

Anxiety Can Feel a Lot Like... This



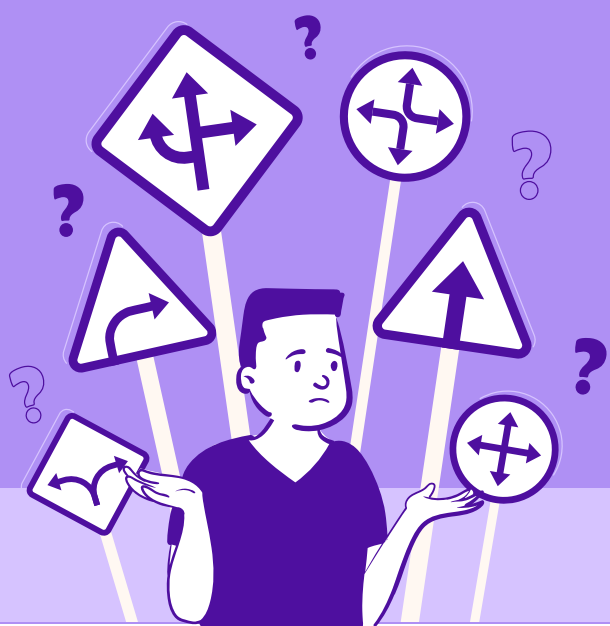
Unexplained aches and pains that refuse to go away.



Inability to meet deadlines due to being unable to focus at the task at hand.



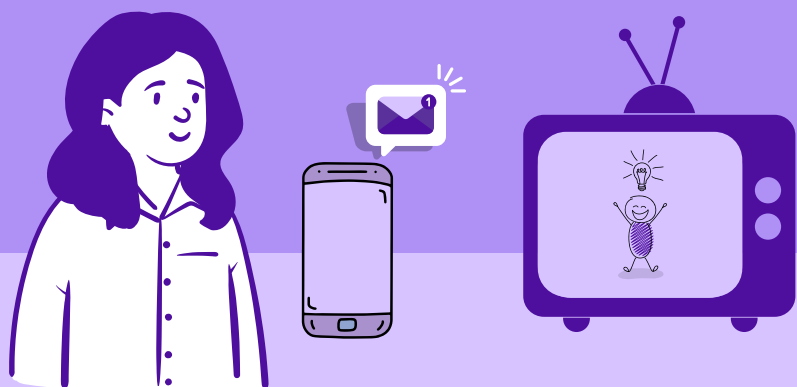
Indecisiveness due to the fear of making wrong decisions.



For most people feelings of anxiety come and go, depending on what's happening around them. In fact, an optimal level of stress can motivate us and fuel our performance. However, if it starts to interfere with your life. It may be time to evaluate it and seek help.

Understanding Procrastination: Laziness or Something More

We all are guilty of procrastination. At one point or another we all have chosen to push away a task in favour of another, more enjoyable activity.



We often rely on our internal motivation to finish a task. However, when we experience obstacles such as exhaustion or delayed results or other concerns such as fear of failure and anxiety, it causes us to put off doing the tasks.



Overcoming Procrastination: Step 1

Understand the reason you procrastinate. It will help in making it less intimidating.

What if I fail?

I don't have enough information to get started.



I don't have the energy to do it now.

Overcoming Procrastination: Step 2

Prioritize your to-do list. An overloaded to-do list is a recipe for disaster! Identify which tasks are important so you can focus on them.

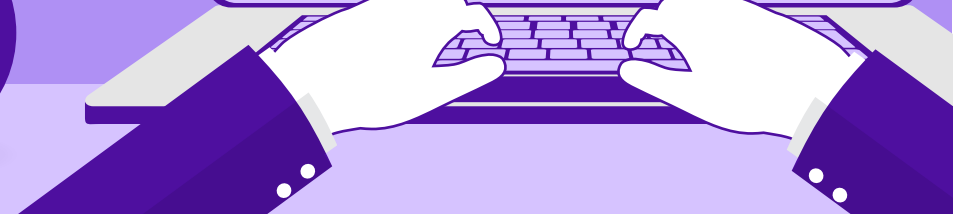
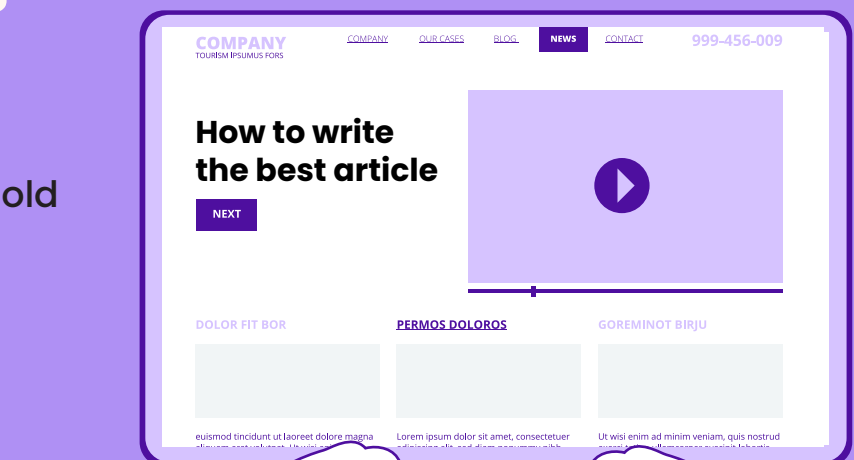




Overcoming Procrastination: Step 3

Calm your stress and examine your expectations.

When we're stressed, we tend to avoid doing certain tasks. Also, sometimes trying to do the best tends to hold us back from doing anything at all.



Overcoming Procrastination: Step 4

Reward yourself

If your work is not giving you joy, then you need to find a way to reward yourself so that you can come back energized to deal with the task.

