

FREE MENTAL HEALTH CHALLENGE

Length : 10 Days
Duration : 15 mins
Mode : Virtual

Date : 10th - 19th Oct
Time : 8:00 AM - 8:15 AM
Platform : Google Meet

YOUR THERAPISTS



BARKHA NAYAK
 MA Psy (Couns)
 REBT Therapist



SIMANTIKA CHANCHANI
 MA Psy (Couns)
 REBT Therapist



KUNJAL PUROHIT
 MA Psy (Couns)
 REBT Therapist

DAY	DATE	THERAPIST	TOPIC
Tue	10th Oct	Barkha	Identify Unhelpful Emotions
Wed	11th Oct	Barkha	Identify Harmful Thoughts
Thu	12th Oct	Barkha	Change Unhealthy Thoughts
Fri	13th Oct	Kunjal	Overcome Procrastination
Sat	14th Oct	Kunjal	Learn Assertiveness
Sun	15th Oct	Kunjal	Nurture Relationships
Mon	16th Oct	Simantika	Manage Stress
Tue	17th Oct	Simantika	Disciplined Lifestyle
Wed	18th Oct	Simantika	Nurture Mental Wellbeing
Thu	19th Oct	Simantika	Self Awareness