

WEEKLY
NEWSLETTER**Editor's Note****Dear ICTMH Community,**

April has availed us lots of special opportunities to engage with one another especially during the ICTMH Webinar Trainings, other ICTMH's interactive online platforms and our outreaches. As we wrap up another enlightening edition of our newsletter, it is imperative to look back on the incredible strides attained in the mental health discourse as it relates to the theme of the week - Combating Workplace Burnout and Fatigue, where issues surrounding mental well-being were addressed as well as the power of community, understanding, and self-compassion were celebrated.

Our Weekly Webinar's event was tailored to give everyone the tools to recognize workplace fatigue and burnout. We had the privilege of being schooled on the subject by one the best in the field- Dr Bridget Binion-Byrd. Her insights remind us that while we strive to do our best in our careers, we must not neglect our own well-being. Burnout is real, but it is also preventable when we prioritize self-care and create supportive work environments.

The same subject on workplace burnout and fatigue was at the heart of discussion in the ever boisterous interactive WhasApp Weekly platform. From "Motivational Monday" to "Self-Care Saturday," we witnessed inspiring acts of vulnerability and courage as members shared their struggles and successes in relations to the topic under review. Together, we proved that when we talk openly about our experiences, we heal and grow stronger.

We are grateful to each one of you for your contributions, your openness, and your commitment to improving mental health. As always, we encourage you to stay connected, share your thoughts, and be part of the ongoing conversation. Thank you for being a part of the ICTMH family.

**Warm regards,
Ese Ogheneovo
for ICTMH**

WEEKLY WEBINAR

Sub Theme: Combating Burnout & Fatigue in the Workplace

Date of Webinar: April 17 , 2025

Facilitator: Dr. Bridget Binion–Byrd

Highlights

More than just long hours, burnout is the cumulative toll of chronic stress—emotional, mental, and physical. Understanding it is essential in today’s fast-paced and emotionally demanding work culture

Core Symptoms:

- Emotional: irritability, mood swings, exhaustion
- Cognitive: forgetfulness, poor focus, indecision
- Behavioral: withdrawal, procrastination, absenteeism

The Hidden Cost

Burnout costs the global economy an estimated \$300 billion annually (Gallup). It drives absenteeism, lowers productivity, and harms mental health—especially among care providers and frontline workers.

Risk Factors

- Blurred work/life boundaries
- Overloaded responsibilities
- Isolation and emotional disconnection
- Perfectionism & pressure to always perform

Mental Health Workers: A Special Concern & Solutions for Organizations

Professionals in mental health face added strain from compassion fatigue, vicarious trauma, and ethical challenges—leading to errors, insomnia, and physical illness if unaddressed.

- Manage workloads & support boundaries
- Provide supervision, mentoring, and task-sharing
- Normalize mental health check-ins
- Foster wellness-focused policies

Self-Care Is a Must

Dr. Bridget emphasized real strategies combating fatigue and burnout

- Take your leave—recharge regularly
- Build supportive communities
- Move your body—walk, dance, stretch
- Practice mindfulness or quiet time
- Learn to say “no” without guilt

"You can't pour from an empty cup. Self-care isn't selfish—it's necessary."

Final Reflection

Participants reflected on the following sub themes

• Their own signs of burnout

Some opined that they become irritable from long hours of work and poor treatments from bosses. In addition, it was mentioned that sitting on the same work spot can cause physical fatigue like numbness.

• Practical self-care practices

Hydration, good rest, positive affirmations, unplugging from work, exercising and playing games, talking to friends, colleagues and family , eating good food, observing good sleep regime and more were mentioned by participants in group

• How their workplaces could better support wellbeing

Ideas that emphasize work-life balance in line with favorable resumption time, generally ethics that promote mental health were discussed.

Indulging in self care is a one-fit-all solution according to Dr Bridget.

Self-Care Saturday – ICTMH Edition

S – Stop and Breathe Take 3–5 deep breaths. It’s your mini-reset button.

E – Evaluate Your Needs What’s your body or mind asking for? A nap? A snack? Silence? Listen in.

Just One Self-Care Saturday

WEEKLY WHATSAPP INTERACTIVE SESSION

ICTMH Hosts a Heartfelt Mental Health Week Theme: The Myths and Facts of Mental Health in Nigeria

Date: 14th – 20th April 2025

The Initiative for Cognitive Therapies and Mental Health (ICTMH) recently concluded a deeply impactful Mental Health Week held virtually via WhatsApp. For seven inspiring days, participants engaged in authentic conversations around mental well-being—dispelling myths, embracing truth, and strengthening community bonds on subject of combating workplace burnout.

Motivational Monday

Topic: Combating Mental Health with Work: Burnout and Fatigue

Mrs. Lizzie set the tone with a powerful message: burnout is real—even behind the brightest smiles.

“How are you, really?”

“Should I bring puff-puff and let’s vibes?”

Voices from the group:

“Sometimes, all we need is a hug and some soft words...” – Uzo

“Don’t die in silence. Reach out.” – Hafsat

Talk-It-Out Tuesday + Survey Day

Participants opened up about mental exhaustion, stress, and survival modes.

A short survey captured lived experiences—completed with a collective “DONE.”

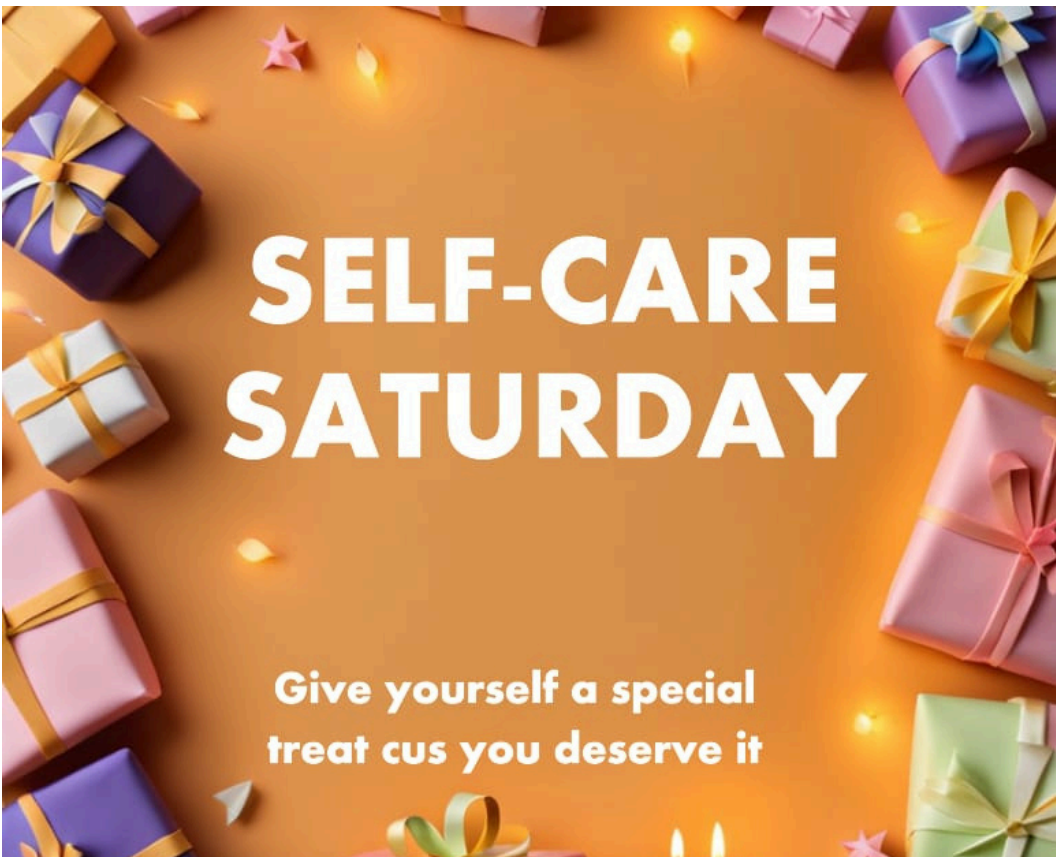
Wellness Wednesday

Challenge: THE 5-5-5 RESET

- 5 minutes of breathing
- 5 minutes of movement
- 5 minutes of screen-free peace

“Dancing and silence are my go-tos.” – Uzo

“This 15 minutes is amazing!” – Hafisat



Thankful Thursday

Gratitude overflowed as members reflected on life’s blessings.

“Gratitude boosts mood and reduces stress.” – Latifat

“Still deeply grateful despite challenges.” – Uzo

Fun Friday

Laughter, forgetful moments, and a brilliant session with Dr. Bridget Byrd.

“I entered the kitchen and forgot why. I wrote it down and chose peace.” – Lizzie

Saturday – Self-Care Saturday

With the S.E.L.F.C.A.R.E. acronym, members shared their favorite recharge rituals—from chicken treats to quiet naps.

“Work hard, but reward with chicken!” – Victoria

“Rest, eat, lazy around... then do your tasks.” – Uzo

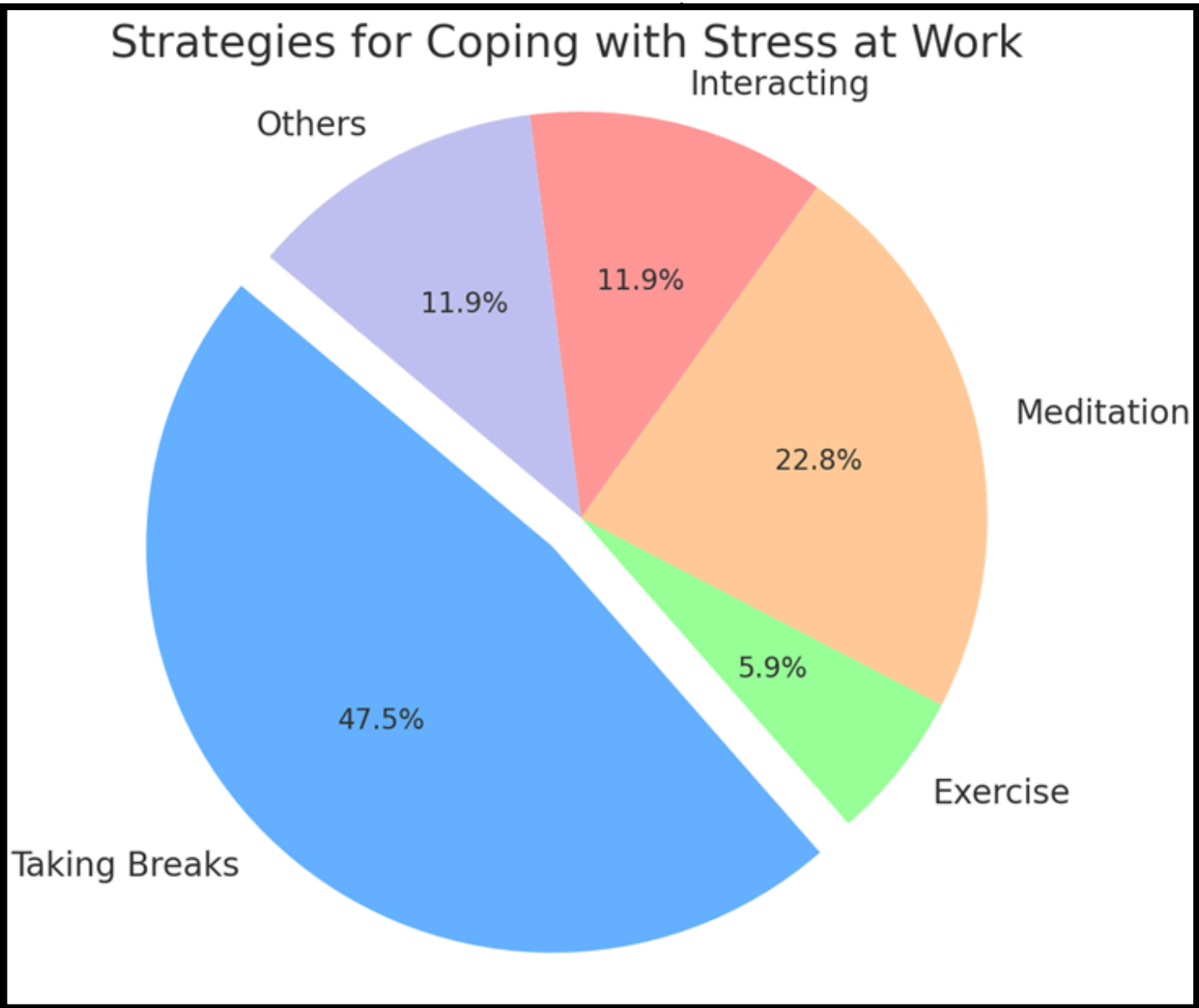
Reflection Sunday

The week ended with thoughtful questions and a recap of takeaways. A time to pause, reflect, and plan for wellness.

Words on Marble

“Sustainable growth begins with a supportive community and a commitment to self-compassion.”

– Dr. Stephanie Okolo, ICTMH President



RESOURCE & ANNOUNCEMENTS



The poster is for an online training session. It features a dark blue background with light blue curved accents on the right side. In the top left corner is a circular logo with a brain and text. The main title is in a white rounded rectangle. Below the title is a white fingerprint graphic of the African continent. To the right is a circular portrait of a woman. Below the portrait is a white rounded rectangle with her name and title. At the bottom left, there is a calendar icon, a clock icon, and a location pin icon with a URL. The text 'REGISTER NOW' is in large white letters at the bottom left. The website URL is at the bottom right.

 COGNITIVE THERAPIES AND MENTAL HEALTH

ONLINE TRAINING
RECOGNIZE SIGNS OF DEPRESSION
AND ANXIETY IN AFRICA



 **FRI 25, APRIL**
 **8:00PM(WAT)**

 <https://us06web.zoom.us/join/1QdeDvgIS3mUJeg2CehHRA>



Dr. Nafisah Hayyatudeen
Consultant Psychiatrist
TRAINER

REGISTER NOW

www.cognitiveng.org

To get feedback or stories? Email us at enquiry@cognitiveng.org

For volunteering opportunities, join our team via social media

[@www.cognitivetherapiesng](https://www.cognitivetherapiesng.org)
www.cognitiveng.org