ICTMH BI-WEEKLY
www.cognitiveng.org

NEWSLETTER

Mental Health & Wellness Ed. Vol. 41 | 16th Sept. - 1st October 2026

One step at a time

When life feels like too much, start with what is possible.



Not every season needs a dramatic breakthrough.

Sometimes progress is one thing finished.
One needed boundary.
One healthy routine returned to.
One conversation finally started.

This edition asks:

What if the next small step is enough for today?

You do not have to do everything today to be moving forward.

INSIDE THIS EDITION

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Editorial Note

What if you cannot fix everything right now?

Some days, the list is longer than the time, money or energy available.

Work needs attention. Bills are waiting. Someone needs something from you. There are things you planned to finish yesterday and questions you still cannot answer today.

When everything feels urgent, it is easy to think that unless we solve all of it, we are not making progress.

But most of life does not move that way.

Volume 40 was about **finding your way back** when life knocks you off balance.

This edition is about what comes next.

How do you keep moving when everything is not yet okay?

Maybe one decision at a time.
One conversation.
One healthier choice.
One manageable next step.

Warm regards,
Joseph Abang

CONTINUING THE CONVERSATION

Progress can be quiet.

Sometimes it is returning after you lost momentum.

Sometimes it is resting before exhaustion makes the choice for you.

Sometimes it is simply saying:

"This is what I can manage today."

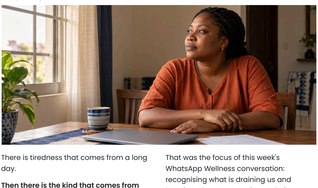


WhatsApp Wellness Highlights

Our WhatsApp Wellness is a standing weekly program — independently designed each week, facilitated by the ICTMH Clinical Team, and structured from Monday to Sunday with daily prompts, interactive polls, reflective exercises, and moderated peer-sharing.

When You Are Tired of Being Tired

7th–11th September 2026
Compiled by Dr. Elizabeth Idowu



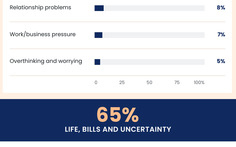
There is tiredness that comes from a long day.

Then there is the kind that comes from having too much on your mind for too long.

That was the focus of this week's WhatsApp Wellness conversation: recognising what is draining us and learning when to pause instead of constantly pushing through.

TALK-IT-OUT TUESDAY

What has been draining you lately?



65%
LIFE, BILLS AND UNCERTAINTY

Sometimes what looks like a lack of motivation is simply a person carrying too much at once.
And some problems cannot be solved before bedtime.

So instead of asking:
"How do I fix everything?"

Try:
What actually needs my attention today?

You may not be able to solve everything at once.

You can still decide what deserves your energy first.

WHATSAPP WELLNESS

The Power of Small Wins

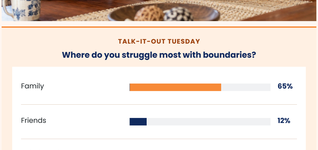
14th–18th September 2026 | *Compiled by Dr. Elizabeth Idowu*

We notice the big milestones.

The new job. The finished project. The major achievement.

What we often miss are the small decisions that helped us get there.

This week, our WhatsApp community focused on recognising everyday progress and allowing small wins to count.



TALK-IT-OUT TUESDAY

Where do you struggle most with boundaries?



65% **FAMILY**

Boundaries can feel harder with the people closest to us.

Love, responsibility and family expectations can make a simple "no" feel much bigger than it is.

But a small win can sound like:

"I cannot do that today."

"Let me think before I agree."

"I can help, but I cannot take on everything."

Sometimes progress is one respectful "no" where you would normally have said "yes" and regretted it later.

INTERACTIVE FEATURE

Pause.
Remember.
Recover.

Make it small enough to start

There is probably something you have been postponing because it feels too big.
Do not finish the whole thing right now.

If it is a task: What is the first ten-minute part?

If it is a difficult conversation: What is the first honest sentence?

If it is something you keep worrying about:
What part can you actually do something about today?

TODAY, PROGRESS WOULD LOOK LIKE:

It does not have to impress anybody. **It only has to move something forward.**

Mind Break

YOU CAN ONLY PICK 3

It has been a long week.

Which three are you taking?

- 8 hours of uninterrupted sleep
- A surprise credit alert
- Your favourite meal, already waiting
- Phone on DND for the whole evening
- A completely free Saturday
- A proper laugh with someone you love
- One problem permanently solved
- A quiet morning with nowhere to rush to

PICKED YOUR THREE?

Send this to someone and see if they choose the same ones.

No changing your answer after seeing theirs.

PULSE & PSYCHE

ICTMH Kaduna Office Weekly Screening

Mental health awareness, one screening at a time

The Power of Consistency

Starting matters. Returning matters too.

26	5	15
People screened	Recorded high blood pressure	Blood sugar tests conducted, **all within normal range**

A health screening can tell you something important.

But knowing is only the beginning.

The harder part is what happens afterwards.

You may decide to monitor your blood pressure, take prescribed medication consistently, drink more water, move more or improve your routine.

Then life gets busy.

Work. Transport. Family. Expenses. A disrupted day.

That is why consistency matters more than perfection.

The healthiest routine is not necessarily the most ambitious one.

It is the one you can keep returning to.

ONE SMALL THING BEFORE NEXT WEEK

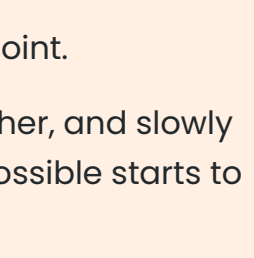


Choose one health habit and give it a place in your day.

Instead of:	Try:
"I need to drink more water."	**"After breakfast, I will drink one glass of water."**

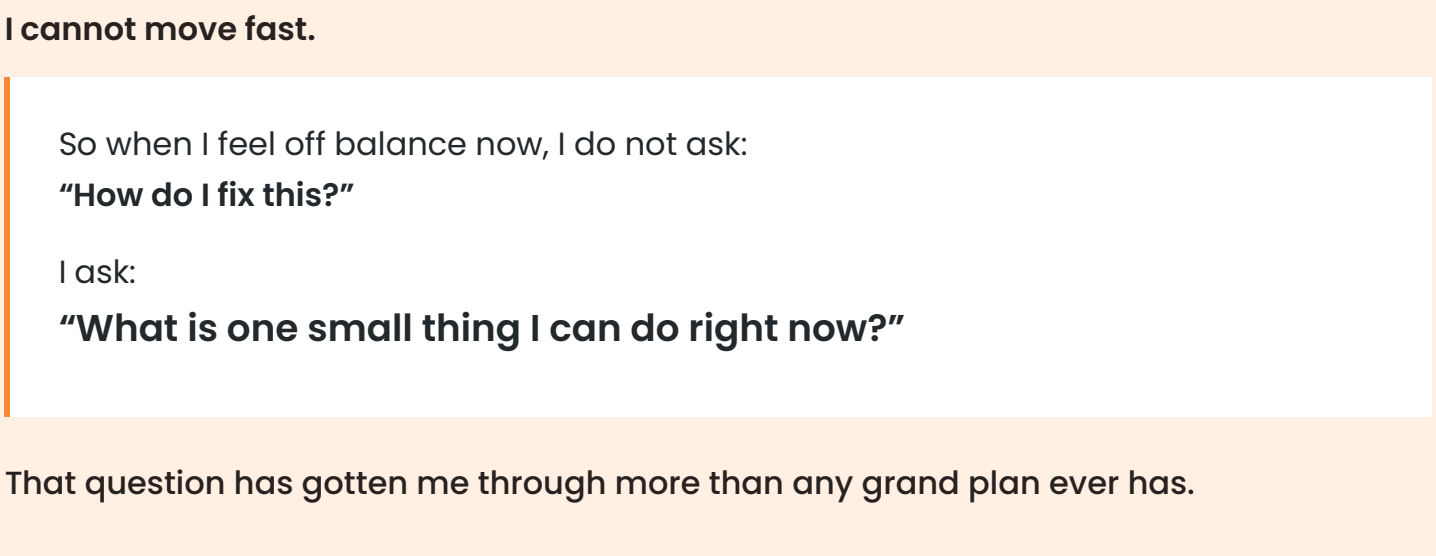
Small actions become part of our lives when we keep returning to them.

ICTMH STAFF VOICE



Small Steps, Real Progress

Victor Ogbebor



When life knocks me off balance, I have stopped trying to fix everything at once.

That used to be my first instinct: treat the whole mess like an emergency and try to solve it in one sitting.

It never worked.

What actually helps is smaller than that.

On hard days, I give myself one thing to finish. Sometimes it is replying to one email or message, tidying my desk, or completing a pending task.

It sounds too simple to matter, but crossing one thing off quiets some of the noise in my head.

It reminds me that I can still move, even if I cannot move fast.

I have noticed the same thing with projects at work. When a deadline is getting closer or a task has too many moving parts, the way through is rarely one giant leap.

It is showing up and doing the next small piece.

I think we underestimate small wins because they do not feel dramatic.

There is no big turning point.

Just one task, then another, and slowly something that felt impossible starts to look manageable.

> So when I feel off balance now, I do not ask:
> **"How do I fix this?"**
>
> I ask:
> **"What is one small thing I can do right now?"**

That question has gotten me through more than any grand plan ever has.

HAPPY INDEPENDENCE DAY NIGERIA!

A stronger Nigeria begins with a hopeful mind, a resilient people, and communities that care for one another. We continue to rise, heal, and build a nation where every Nigerian has the opportunity to thrive!



Wellness Wednesdays:
Free Health Screenings

Every Wednesday at the ICTMH Kaduna Office, **free blood pressure and blood sugar screenings** are available to all community members at no cost.



WHEN

Every Wednesday
9:00 AM to 5:00 PM

WHERE

ICTMH Office
No. 28 Abuja Road,
Kaduna State

COST

100% free
No appointment required

Reaching out is a sign of strength.
Visit us this Wednesday to give your body the attention it deserves.

Journal Article Call for Submissions

ICTMH invites submissions on mental health and cognitive behavioral therapies, with particular interest in African-contextualized approaches.

- **Submit to:** enquiry@cognitiveng.org
- **Subject:** Journal Submission

Writing guidelines and topic suggestions available on request.

Learn more: ***www.cognitiveng.org/journal/***



Connect with care

ICTMH OFFICE ADDRESS
No. 28 Abuja Road, Kaduna State, Nigeria

OPERATING HOURS
9:00AM - 5:00PM
MONDAYS - FRIDAYS

NEED TO TALK?
Call the ICTMH Hotline:
+234 912 213 0769

OPERATING HOURS
24 Hours
MONDAYS - SUNDAYS

You can donate to the work we do

Your support helps ICTMH continue community outreaches, mental health education, free screenings, and practical support for individuals and families.

For Naira donations, use:

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SCAN TO DONATE

Every gift helps care move closer to the people who need it.



ICTMH's One Ask

Do one thing before today ends.

Not five. Not your entire list.
Just one thing that would make tomorrow a little easier.

- **Send the message.**
- **Make the appointment.**
- **Set the reminder.**
- **Say the respectful NO.**
- **Take the proper rest.**
- **Start the first ten minutes.**

Then let that count.

You are allowed to recognise progress before the whole problem is solved.

MEDICAL DISCLAIMER
Content in this newsletter is psychoeducational in nature and is intended for general informational purposes only. It does not constitute clinical advice, diagnosis, or treatment. If you are experiencing a mental health concern or persistent physical symptoms, please seek support from a qualified healthcare professional. In an emergency, contact your nearest hospital or emergency services.