



ICTMH BI-WEEKLY

NEWSLETTER

Mental & Wellness Ed. Vol. 33

18 APR. – 7 MAY 2026

www.cognitiveng.org

Your Body Is Talking... Are You Listening?

Not every tiredness is sleep.
Not every pain is physical.
Not every silence means peace.



Editorial Note

Some mental health conversations begin with words. Others begin with the body.

This edition follows ICTMH's 10-day WhatsApp wellness program; a series that helped participants connect physical signals to emotional pressure. Stress does not always announce itself as sadness. Often, it shows up in the body first.

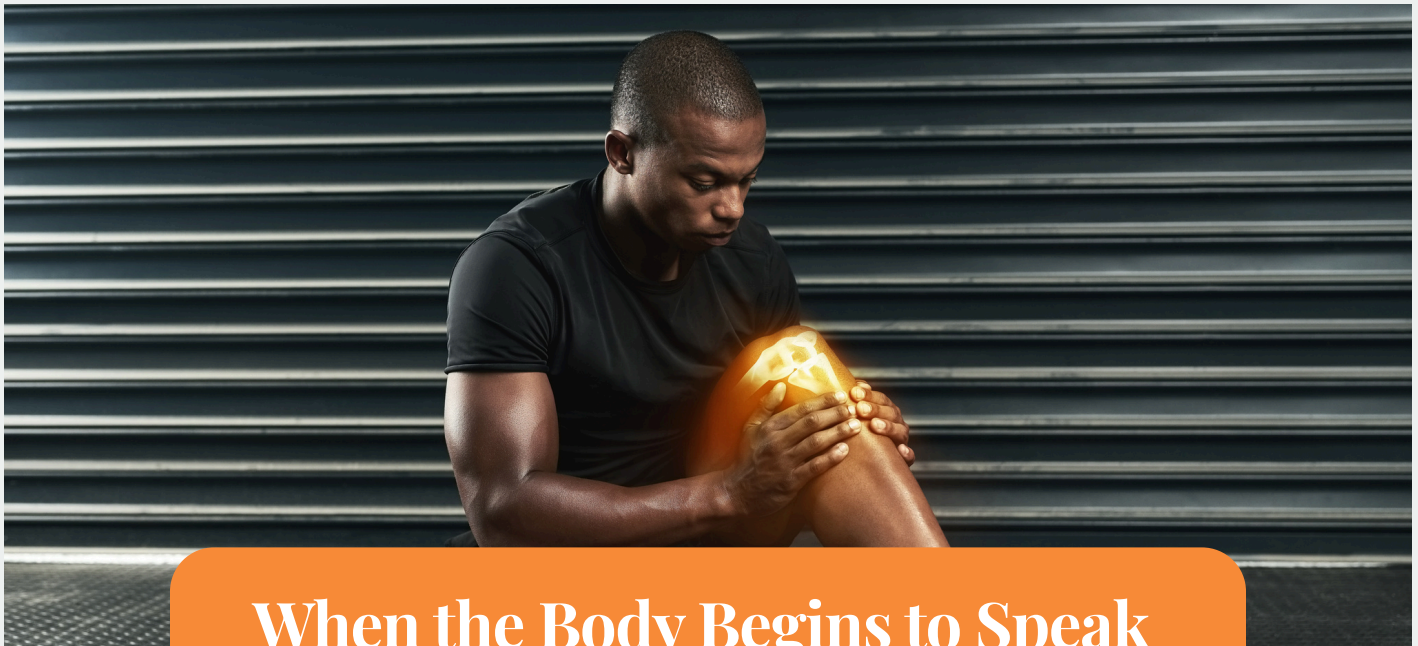
Warm regards,
Joseph Abang.

Continuing the conversation

Volume 32 showed the value of naming what the body carries—emotional exhaustion, instability, and negative thinking patterns. Volume 33 moves that conversation closer to the body itself.

For many, stress arrives first as a headache, a sleepless night, a tight chest, or a sudden loss of appetite. These are not separate from emotional experience. They are emotional experiences—expressed in the only language the body has.

The 10-day program helped participants learn to read that language.



When the Body Begins to Speak

10-Day WhatsApp Wellness Program • April 18–26, 2026 • Compiled by Dr. Elizabeth Idowu

The 10-day program was designed to meet people where they already are — not with clinical terminology, but with ordinary signs most people dismiss without a second thought.

Forgetting things. Struggling to sleep. Losing interest in food. Reacting sharply to small irritations. Pulling away from conversation.

Each of those signs can be a doorway. The programme opened those doorways one at a time — and held across all ten days.



Wellness Wednesdays: Free Health Screenings

To help you listen to your body's physical signals, ICTMH provides **Free Blood Pressure and Blood Sugar Tests** every Wednesday at our Kaduna community wellness hub

- **When:** Every Wednesday, 9:00 AM – 5:00 PM.
- **Where:** ICTMH Office, No 28 Abuja Road, Kaduna State.
- **Cost:** 100% Free.

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

Body Signals Checklist

→ If 2 or more in a section apply to you — **your body is asking for attention.**

The Stressed Mind

When your brain is carrying too much



Cognitive Fog

Forgetting words mid-sentence, reading a message several times without understanding, feeling mentally blank — not laziness, but a tired brain.



Sleep Refusal

Your body is exhausted but your mind refuses to settle. You lie down and the thoughts begin.



Quick Anger

Reacting sharply to small things. The question to ask: am I angry about this issue, or am I already overwhelmed?



Withdrawal

Going quiet is not always peace. It can signal sadness, disappointment, or an internal struggle that has not yet found words.

The Physical Weight

When emotions settle into the body



Heavy Head & Pain

Tension held silently—from work, family, money, or unspoken distress—can express itself as headaches and body aches.



Stomach Upset

Anxiety's connection to digestion is real. Fear, conflict, and pressure can affect the gut before the mind consciously registers them.



Constant Tiredness

You can sleep for hours and still wake exhausted. Physical rest does not fix emotional depletion.



Chest Tightness

How anxiety lives in the body's rhythms. *Note: Persistent chest pain always needs medical attention.*

The Emotional Shield

When emotions settle into the body



Appetite Changes

Eating more or less than usual is not always about food. It can point to anxiety, emotional overload, or unresolved distress.



Silence as Signal

Not talking to anyone, avoiding calls, letting messages sit unanswered — these are not laziness. They are often signs of emotional withdrawal.



Loss of Interest

When things you used to enjoy feel flat or distant, the body is telling you something about emotional energy.



Irritability in Peace

Feeling restless or tense even when nothing bad is happening. The body stores what the mind has not yet processed.

A photograph of three women in a casual setting. On the left, a woman with dark hair in a blue plaid shirt is looking towards the center. In the middle, a woman with blonde hair and a yellow scarf is looking towards the right. On the right, the back of a woman's head with dark hair is visible, wearing a teal shirt. They appear to be in a group conversation.

What this program tells us

Many people will not say
"I am emotionally overwhelmed."

But they will say...

A blue, wispy cloud-like shape above the person's head, representing stress or mental clutter.

I am always tired...

I can't sleep...

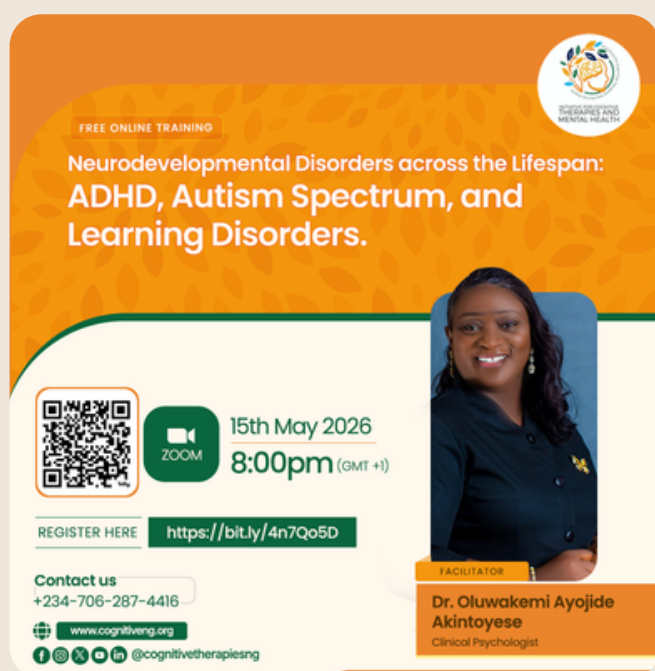
I get angry too quickly.

*My head is
always heavy.*

**What This Week
Tells Us**

Do not wait until the body breaks down before you listen.
The body whispers before it screams.

Upcoming Event(s)



The graphic features a yellow background with a subtle pattern of leaves. At the top right is the ICTMH logo. The main text reads: "FREE ONLINE TRAINING Neurodevelopmental Disorders across the Lifespan: ADHD, Autism Spectrum, and Learning Disorders." Below this is a QR code, a Zoom icon, and the date and time: "15th May 2026 8:00pm (GMT +1)". A "REGISTER HERE" button with the URL "https://bit.ly/4n7Qo5D" is provided. Contact information includes a phone number "+234-706-287-4416", the website "www.cognitiveng.org", and social media handles. A photo of Dr. Oluwakemi Ayojide Akintoyese, the facilitator, is shown on the right side of the graphic.

FREE ONLINE TRAINING

Neurodevelopmental Disorders across the Lifespan:
ADHD, Autism Spectrum, and
Learning Disorders.

15th May 2026
8:00pm (GMT +1)

REGISTER HERE <https://bit.ly/4n7Qo5D>

Contact us
+234-706-287-4416
www.cognitiveng.org
@cognitivetherapiesng

FACILITATOR
Dr. Oluwakemi Ayojide Akintoyese
Clinical Psychologist

FREE ONLINE TRAINING

- **Where:** Zoom
 - <https://bit.ly/4n7Qo5D>
- **When:** 15th May, 2026.
 - 8:00pm (GMT +1)

About the facilitator

Dr. Oluwakemi Ayojide Akintoyese is a Clinical Psychologist, wellness advocate, and speaker dedicated to promoting mental and emotional well-being. Transitioning from nursing to psychology, she holds degrees from the University of Nigeria, University of Lagos, and a Ph.D. from Covenant University.

She has extensive experience working with individuals facing psychological challenges, including trauma and addiction, and delivers Employee Assistance Programs (EAP) for organizations. Guided by her philosophy that "a healthy individual is a healthy society," she actively speaks, trains, and advocates for holistic mental health.

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
+234 706 287 4416

OPERATING HOURS
24 Hours
MONDAYS – SUNDAYS

JOURNAL ARTICLE CALL – STILL OPEN

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.*

You can donate to the work we do

For Naira donations, use:

ACCOUNT NUMBER | BANK
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ACCOUNT NAME
Initiative for Cognitive
Therapies and Mental Health



**SCAN
TO DONATE**

Riddle me this...

I make you read the same WhatsApp message five times without understanding a single word. I make you enter a room and stand there staring, wondering why you came in the first place. I am not "laziness"—I am your brain telling you it is carrying too much and needs to rest

What am I?

Answer: Cognitive Fog



ICTMH's One Ask

Think of one person who needs to hear this message.

Share one idea from this edition with them — encourage them to listen to their body, rest when needed, speak when necessary, and seek support when the signs keep repeating.

Mental health literacy still spreads one conversation at a time.

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.