

## Mission & Vision

**Vision:** A world where all young people are healthy in mind and body.

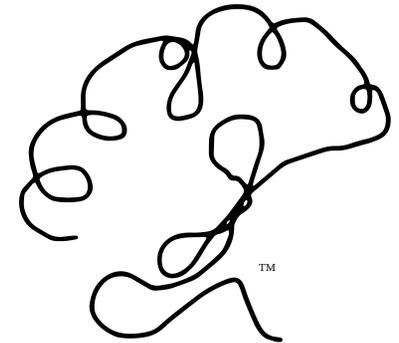
**Purpose:** To raise the awareness of Mental Health issues amongst young people. To support young people to maintain their mental health and overall well-being.

**Mission:** Through selling eco-friendly products (*e.g. such t-shirts, tote bags etc.*), open up community centres that will allow young people to get together, gain support, and take part in the interactive activities (*e.g. creative arts, playing Lego and physical activity*) that will maintain their mental health and overall well being. Eco-friendly products will help to support and enhance the importance of environment around us.

## Mind, Brain, Body cic (MBB)

**MBB** is a start-up community interest company that aims to raise **awareness of mental health issues** amongst young people while supporting **young people** to maintain their mental health and overall **wellbeing** through the use of **arts and sports** interventions. We look at the **individual** as a whole while **understanding** the **importance** of the **connection** between the **mind, brain** and the **body**. We **believe** in the **power** of arts and sports in **positive** well-being.

## Mind, Brain, Body cic



'A world where all young people are healthy in mind and body'

## Q&A

### What is the meaning of mental health issues?

Mental health issues are the disturbances in cognition, emotional regulation and behaviour that affects dysfunction in the psychological, biological or developmental processes. These disturbances are usually associated with increased distress or interference with personal functions.

### What is the meaning of well-being?

Well-being is the state of being happy and healthy while judging life positively and feeling good.

### What does cic stand for?

CIC stands for community interest company.

### How does cic work?

A community interest company is a form of non-charitable company, which primarily benefits the community or a view to pursuing a social purpose, rather than making profit for stakeholders.

### How can I get involved?

If you would like to get involved with us either remotely, organizing events or any projects, please email us: [volunteering.mbb@gmail.com](mailto:volunteering.mbb@gmail.com) or if you have any other enquiries, please send us an email at [enquiries.mindbrainbodycic@gmail.com](mailto:enquiries.mindbrainbodycic@gmail.com)



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## The connection between mind, brain and body

The mind generates energy within our bodies through thinking, feeling and choosing. The mind uses the brain, whereas the brain responds to the mind. Interventions such as arts (e.g. drawings, music or drama) enhance brain functions by impacting brain wave patterns, emotions and the nervous system, while sports (or physical activity) boosts blood flow to your brain and improve brain function. It helps to build connections between nerves within the brain, improves memory, and increases creativity and problem-solving skills. In addition, sports help to improve coordination, movement and balance. Also, it strengthens bones, muscles and joints.

Overall, a programme of the combination of arts and sports interventions could not only increase young people's physical activity but also increase their brain functions, social abilities and developmental skills. Individuals who are not keen to physically engage in either arts or sports interventions could watch drama performances or art exhibitions whilst linking it to the importance of mental health and overall wellbeing.

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of Mind, Brain, Body cic