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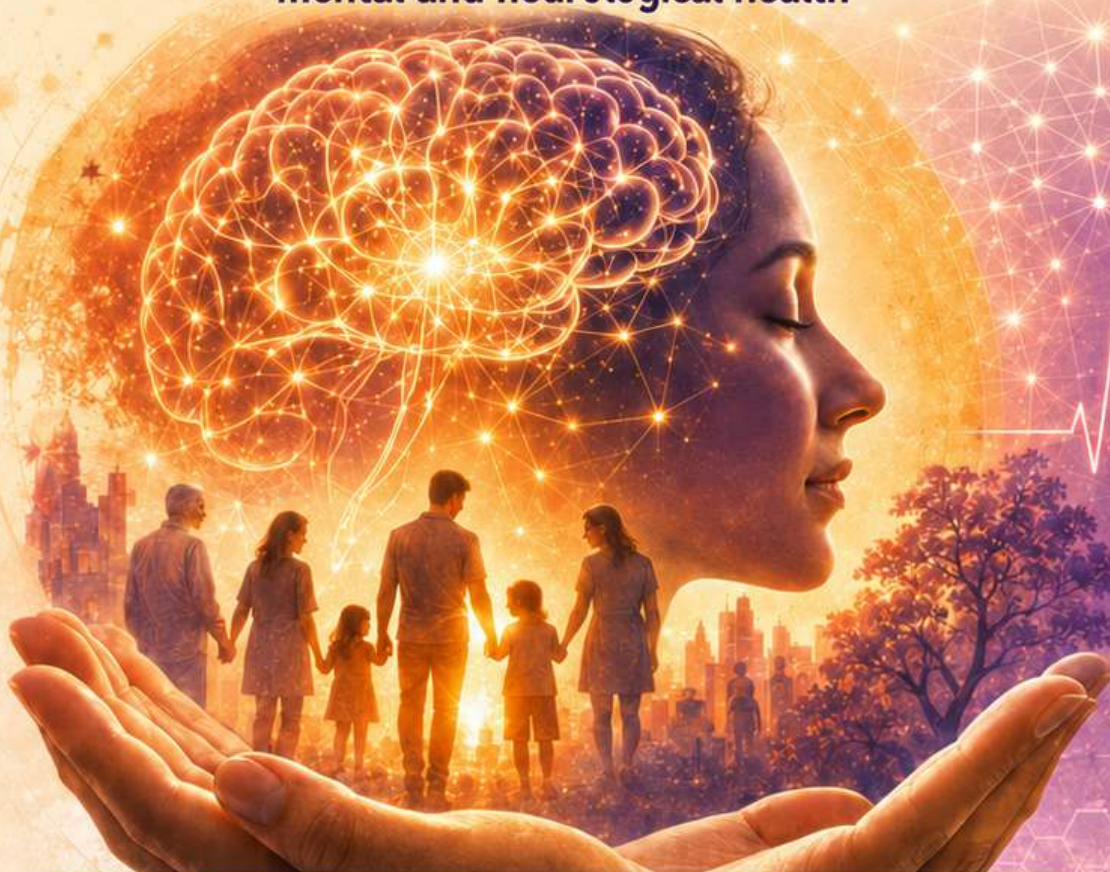
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Press Team:
Institute students
and health
professionals

MindPulse

A science and educational magazine dedicated to
mental and neurological health



**Youth
Mental Health**



**Sleep and
Brain Health**



**Anxiety and
Depression**



**Brain Plasticity
and Resilience**



**The Family's Role
in Therapeutic
Support**

**Under the
supervision of:**



Aicha Ait Belarbi
President,
Chams Association



Dr. Hashem Tiyal
President,
National Federation
for Mental Health

Feature File

Psychoeducation PROFAMILLE Program



A psychoeducational training program supervised by Chams Tensift Mental Health Association, in partnership with Ibn Nafis University Hospital, part of Mohammed VI University Hospital Center in Marrakech.

Under the supervision of **Dr. Widad Hikmat**, Vice-President of Chams Association, program lead and trainer, with the participation of several physicians and a number of trained families in the program.



Supervising institution of the magazine: **ESPAV** — Private School of Audiovisual Production and Journalism Professions.



Editorial

Bringing science closer to people

Reliable knowledge about mental and neurological health should not remain confined to clinics and universities. This issue of Mind Pulse aims to build a bridge between science and the public through clear, practical, and human-centered articles that help readers understand themselves and take better care of their mental and neurological well-being.

Our goal is to empower every reader with insights, practical tools, and guidance that promote balance and a better quality of life.



Note: The content of this magazine does not replace professional medical advice. If you are experiencing psychological or neurological distress, please consult a qualified specialist.

Editorial Column

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Supervision



Aicha Ait Belarbi
President, Chams Association

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President, National Federation
for Mental Health



Our Partners in Spreading Awareness



Private School of Audiovisual
Production and Journalism Professions



National Federation
for Mental Health



Chams Association



Supervising institution of the magazine: ESPAV – Private School of Audiovisual
Production and Journalism Professions.



Psychoeducation

Understanding emotions and disorders in clear language

Psychoeducation is the process of sharing reliable, accessible information about mental health. Its goal is to help us understand what we experience — and what our loved ones may experience — so that we can make better decisions and respond to daily challenges with greater awareness and confidence.

PROFAMILLE Program



A psychoeducational program that provides reliable information in a simple, practical way to help patients and their families:

- understand the nature and causes of mental disorders;
- learn about treatment options and the importance of adherence;
- recognize early warning signs;
- develop skills for coping with stress and challenges;
- appreciate the role of family and social support in recovery.



Psychoeducation helps to:



Family Support

It empowers the family as an essential partner in recovery and ongoing support.



Acceptance

Understanding a condition helps people accept it without denial or stigma.



Communication

It strengthens dialogue and mutual understanding between patients, families, and care teams.



Reducing Relapse

Early recognition of warning signs helps prevent relapse.



Knowledge

Accurate information reduces confusion and supports sound treatment decisions.

When we understand more, we fear less. Psychoeducation transforms information from abstract ideas into practical tools used at home, at work, and in school to strengthen mental health and build a more balanced life.



Clear knowledge is the first step toward sound mental health care.



Supervising institution of the magazine:

ESPAV — Private School of Audiovisual Production and Journalism Professions.



PROFAMILLE Program

A psychoeducational training partnership in Marrakech

A psychoeducational training program designed to strengthen awareness of mental health, enhance the skills of patients, families, and caregivers, and improve quality of life through learning, communication, and mutual support.



The program is led by
Chams Tensift Mental Health Association
in partnership with
Ibn Nafis University Hospital,
part of Mohammed VI University Hospital
Center in Marrakech.



Under the supervision of **Dr. Widad Hikmat**,
Vice-President of Chams Association,
program reference person and trainer.



Several specialized physicians and
a number of participating families are
involved in the program.

Program Goals



Raise mental health awareness



Improve treatment adherence



Strengthen family communication



Recognize warning signs of relapse



Develop daily coping skills



Target Groups



Patients



Families



Caregivers



Professionals



Training Topics



Understanding mental disorders



Medical and
psychological treatment



Family support



Relapse prevention



Communication with
the care team



Together we learn, understand, and overcome challenges
toward a better recovery and a meaningful life.



ESPAY is the supervising institution of the Special Hearing School for Audiovisual Production and Journalism.



Special Hearing School for Audiovisual
Production and Journalism



National Federation for
Mental Health



Chams Tensift
Mental Health Association

Mental Health: An Overview

It is not simply the absence of disorder

Mental health is a state of well-being that enables a person to cope with life's stresses, realize their abilities, and contribute to their community.



Mental health is part of quality of life.



970 million people worldwide live with a mental disorder.



1 in 8 people experiences a mental health problem.



Promoting mental health improves relationships, productivity, and learning.

Source: World Health Organization — 2024

When does distress need support?

If symptoms persist and affect your daily life, such as:

Persistent sadness or anxiety for more than two weeks



Loss of interest in usual activities



Noticeable sleep or appetite disturbance



Difficulty concentrating or making decisions



Social withdrawal and feelings of isolation



Repeated negative thoughts or self-harm thoughts



Seeking help is not weakness; it is a courageous step toward recovery.

Risk Factors

Chronic stress



Family history



Chronic physical illness



Violence or abuse



Unemployment or financial hardship



Social isolation



Protective Factors

Supportive relationships



Open communication



Regular physical activity



Healthy sleep



Balanced nutrition



A sense of meaning and purpose



Youth and Mental Health

Good listening — nonjudgmental listening gives young people a sense of safety and understanding.



Support at school and within the family — a supportive environment helps build confidence and self-esteem.



Early intervention makes a difference — the earlier difficulties are recognized, the better the chances of recovery.



Language that protects against stigma

Words make a difference... choose supportive and respectful language.

Instead of

Crazy ❌
Weak ❌
Mood problem ❌
Attention-seeking ❌
Lacks willpower ❌

Use

A person living with a mental health condition ✅
A brave person for seeking help ✅
Going through a difficult period ✅
Needs support and understanding ✅
Needs time and recovery ✅

Kindness and respect are the first step toward building a mentally healthy community.



Ask for help — Talk to a mental health professional or doctor, or contact the support services available in your country. Support exists... and you are not alone.



The Brain and Neuroplasticity

How does the brain change through learning and experience?

The brain is not fixed. It changes continuously in response to experience and learning. This remarkable ability is known as neuroplasticity, and it allows us to acquire new skills, adapt to change, and recover from challenges.

Discover your brain map

The brain is made up of specialized regions that work together in harmony to shape our thoughts, emotions, and actions.

Frontal Lobe

Responsible for planning, decision-making, emotional regulation, and problem-solving.

Temporal Lobe

Processes sound, language, and memory, and contributes to understanding emotions.

Limbic System

Involved in emotions and motivation, and stores emotionally linked memories.



Parietal Lobe

Processes bodily sensations, spatial awareness, and attention.

Occipital Lobe

Specialized in visual processing and the perception of shapes and colors.

Cerebellum

Coordinates movement and balance and contributes to motor learning and fine skills.



Sleep and Learning

During sleep, the brain reorganizes and consolidates information into memory. Good sleep after learning strengthens understanding and recall.

- 7–9 hours of sleep daily
- Regular sleep schedule
- Avoid screens before bed



Neuroplasticity

Neuroplasticity is the brain's ability to reshape its neural connections and build new pathways whenever we learn something new or undergo a different experience.

- It occurs throughout life
- It is strengthened by new challenges and experiences
- It grows through patience and continued practice



An Electrical and Chemical Language

Neurons communicate through electrical signals and release chemical messengers called neurotransmitters that carry messages between cells.

- Every thought or feeling reflects neural activity
- Learning strengthens neural connections
- Experience helps create new pathways



Movement and Nutrition

Exercise and healthy nutrition improve blood flow to the brain and support the growth of new neural connections.

- 30 minutes of movement daily improves concentration and mood.
- Foods rich in omega-3, protein, and vegetables are beneficial.
- Water supports better concentration and mental performance.

A Common Myth: We use only 10% of the brain

This is a myth. Brain imaging studies show that all brain regions are active to varying degrees, even during simple tasks.

- We use the whole brain, though not all areas equally at the same moment.
- What matters is not a percentage of use, but how effectively we use it.



Remember: your brain changes, and you hold the keys to change!

Learn something new • challenge yourself • care for your sleep and nutrition • move every day.

This is the secret to a more flexible, intelligent, and happier brain.



Join us in spreading awareness



Anxiety and Depression

From understanding to seeking help



Depression

Depression is a condition that affects mood, energy, and thinking. It can make everyday activities difficult and may last for weeks or months.

Signs that deserve attention

- Persistent sadness and loss of interest in activities
- Constant fatigue and low energy
- Changes in sleep: insomnia or sleeping too much
- Changes in appetite or weight
- Difficulty concentrating and making decisions
- Feelings of guilt or worthlessness
- Repeated thoughts of death or self-harm

What helps?

- Talking with a trusted person
- Keeping a simple daily routine
- Regular physical activity
- Expressing feelings through writing or art
- Taking breaks from stress

When should we seek help?

If symptoms last for more than two weeks, or affect study, work, and relationships, or if thoughts of self-harm or not wanting to continue appear.

A Calming Breathing Exercise

Simple steps to soothe the body and mind

1. Sit comfortably and close your eyes.
2. Inhale slowly through your nose for 4 seconds.
3. Hold your breath for 4 seconds.
4. Exhale slowly for 6 seconds.

Repeat the cycle 5 times, and focus only on your breathing.

Anxiety

Anxiety is a natural response to pressure, but when it becomes persistent, distressing, and disruptive to daily life, it needs understanding and support.

Signs that deserve attention

- Persistent tension and difficulty relaxing
- Rapid heartbeat or shortness of breath
- Racing thoughts and difficulty concentrating
- Expecting the worst all the time
- Sweating, trembling, or muscle pain
- Sleep disturbances
- Avoiding situations or people

What helps?

- Breathing and relaxation techniques
- Managing time and reducing distractions
- Challenging negative thoughts
- Seeking support from friends or family
- Regular physical activity

When should we seek help?

If anxiety is excessive and hard to control, causes panic attacks, or prevents you from carrying out daily tasks or going to study or work.

Toward a supportive, stigma-free community

Anxiety and depression are health conditions that can be addressed; they are not a sign of personal weakness.

- Talk about your feelings — silence increases suffering.
- Support those around you with kind words and nonjudgmental listening.
- Consult a mental health specialist — they are a partner in your recovery journey.





Sleep and Brain Health



Good sleep is not a luxury. It is essential for protecting the brain, strengthening memory, regulating mood, and improving concentration.



05

When should I consult a specialist?

Seek medical advice if you have:

- Difficulty sleeping on most nights
- Repeated awakenings or chronic snoring
- Severe daytime fatigue
- Frequent disturbing nightmares



04

Watch caffeine and stimulants

Avoid caffeine after 3 p.m.; it can remain in the body for up to 6 hours and affect sleep quality.



03

Reduce screen use before bed

Stop using screens at least one hour before sleep. Blue light reduces melatonin and delays deep sleep.



02

Light in the morning, darkness at night

Get 15–30 minutes of daylight in the morning, and reduce lighting in the evening to support melatonin production.



01

Regulate your sleep schedule

Go to sleep and wake up at the same time every day, even on weekends. This helps regulate your body clock and improves sleep quality.

20-20-20 Rule

Every 20 minutes, look at something 20 feet away (about 6 meters) for 20 seconds. This reduces eye strain and helps concentration.



20-20-20

Remember

Deep sleep is the brain's maintenance time: memories are organized, emotions are processed, and the brain is cleared of waste.



Digital Wellbeing and Mental Health at Work

Digital balance improves productivity, reduces stress, and protects your mental health.



04

A healthy work routine

- Plan your day and define priorities.
- Take regular short breaks.
- Move your body and drink water.
- End your day with a small accomplishment that brings satisfaction.



03

Manage digital stress

- Take a few deep breaths when you feel overwhelmed.
- Limit exposure to negative news and online arguments.
- Practice physical activity or a hobby daily.



02

Set clear digital boundaries

- Define response times for messages and email.
- Turn off unnecessary notifications.
- Do not let work time erase personal time.



01

Use screens consciously and in balance

- Set screen-free times, such as one hour before sleep.
- Use night mode and reduce screen brightness.
- Use tools that remind you to take breaks.

One-minute break

Stand up, stretch, breathe, and look into the distance. Sixty seconds can refresh your focus and mood.



Always remember

You are not required to answer immediately. Your focus and wellbeing matter.



Balance digital connection with real connection... your mental health deserves it.



The Private School for Hearing Impaired and Speech Disorders



National Mental Health Federation
Fédération Nationale pour la Santé Mentale



جمعية شمس



Scientific News

NEWS

Founding an International Scientific Association in Ben Guerir

The Faculty of Medicine hosts an initiative bringing together neuroscience and psychiatry with neurobiosciences and artificial intelligence

Association Objectives

- Encourage interdisciplinary scientific research
- Build national and international partnerships
- Organize conferences and training workshops
- Support innovation in mental and neurological health

Fields of Action

- A network of experts and researchers
- Training programs and scientific exchange
- Joint projects between medicine and artificial intelligence

In a pioneering step toward strengthening scientific research and innovation in neurology and mental health, the Faculty of Medicine in Ben Guerir hosted, on Saturday 12 July 2026, the official announcement of the creation of an international scientific association dedicated to the integration of neuroscience, psychiatry, neurobiosciences, and artificial intelligence.

The association aims to create an academic and professional space that brings together leading researchers, physicians, and specialists from Morocco and abroad in order to exchange expertise, develop collaborative research, and keep pace with scientific and technological advances in the service of mental and neurological health.

It also seeks to build national and international partnerships, organize conferences and training workshops, and support innovation in diagnosis and treatment in ways that respond to society's needs and enhance the quality of health services.

Together toward a future where science serves humanity for better mental and neurological health.



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for Mental Health


Chams Association



Final Page

“Together toward a society that is aware, balanced, and compassionate”

We have reached the closing page of the first issue of Mind Pulse after a rich journey of information and ideas. Through these pages, we sought to spread awareness of the importance of mental and neurological health and to affirm that caring for the mind is a foundation of quality of life and individual and social flourishing.

We extend our sincere thanks to every reader who accompanied us, to every contributor who helped shape this issue, and to every partner who supported our message, believing that mental health is a right for all and a shared responsibility.

We promise to return with more purposeful scientific topics in future issues, and to keep meeting on the path of knowledge and learning for a future that is more aware and more compassionate.

Stay well, and remain part of this positive pulse.



Team

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Partners' Message

We believe that partnership is essential for combining efforts to spread mental health awareness, promote scientific research, and build a healthier and more understanding society. We thank Mind Pulse for offering this meaningful platform and look forward to continuing our shared work to create a positive and lasting impact.

About the Partners



ESPAV — Private School of Audiovisual Production and Journalism Professions

A school dedicated to academic and technical training in media, audiovisual communication, and journalism, linking theoretical knowledge with professional practice.



National Federation for Mental Health

A national body that works to promote mental health in Morocco and to defend the rights of people in situations of psychological vulnerability.



Chams Association

An association working to support mental health and psychological well-being through awareness, guidance, and social and humanitarian initiatives.



Notice

The topics and articles published in this magazine are educational and informative in nature and do not replace professional medical consultation or diagnosis. In the presence of any psychological or neurological concern, consulting a qualified mental health specialist is recommended.



Thank you for your trust and readership.

We look forward to seeing you soon in a new issue of *Mind Pulse*.



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