



NEWS ARTICLE

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PSA Siquijor holds a Lecture on “The Importance of Emotional Wellness in the Midst of Adversity”



The Philippine Statistics Authority, Siquijor Provincial Statistical Office (PSO) in collaboration with the Philippine Mental Health Association, Dumaguete Chapter held a lecture entitled “*The Importance of Emotional Wellness in the Midst of Adversity*” on 16 November 2021 via face-to-face and virtual platforms. In attendance were the regular employees and contract of service workers (COSW) of Siquijor PSO together with the Statistical Researchers of the Agricultural Statistics Surveys. The lecture aimed to understand mental health and its importance to one’s life, determine how stress affects one’s overall well-being and provide tips on how to take care of one’s mental well-being.

In his welcome remarks, Supervising Statistical Specialist Joselito C. Maghanoy extended a warm greeting to all those in attendance, both physically and virtually. He expressed his gratitude to the resource speaker for taking time out of her busy schedule. Moreover, Registration Officer II Rizalyn Teodora G. Postrado took the floor in introducing the participants of the said activity as well as in introducing the resource speaker who is a close friend to her and a former classmate from college.




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In collaboration with the Philippine Mental Health Association, Dumaguete Chapter, Ms. Jude Mae B. Piñero, RPsy, RPsM, shared the strategies to have a sound mental health as well as on how to positively respond to stress. She concluded the lecture with a message, "If you continue to feel stressed and unable to cope, consult with a mental health professional who can help learn ways on how to manage stress more effectively".




The activity came to an end with the resource speaker receiving a token and a certificate of appreciation, as well as concluding remarks from Statistical Analyst Rosario S. Atay.

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