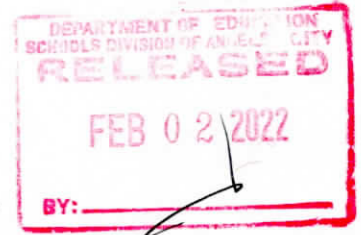




Republic of the Philippines  
**Department of Education**  
Region III  
**SCHOOLS DIVISION OF ANGELES CITY**



February 2, 2022

**DIVISION MEMORANDUM**

No. 036 s. 2022

**DIVISION WEBINAR-TRAINING FOR MENTAL HEALTH WELLNESS  
TOWARDS A HARMONIOUS WORK ENVIRONMENT**

To: Assistant Schools Division Superintendent  
Chief of Curriculum Implementation Division  
Chief of School Governance and Operations Division  
School Head of Public Elementary and Integrated Schools

1. This is to announce the conduct of Division-Webinar Training for Mental Health Wellness Towards a Harmonious Work Environment on February 9-11,2022, through Google Meet.
2. This activity aims to:
  - a) provide discussions on positive coping mechanisms to combat stress and other challenges to a person's mental health brought upon by the Covid-19 pandemic;
  - b) develop a resilient workforce that can withstand current and future crises;
  - c) equip personnel with ways to protect their mental health amid the Covid-19 pandemic; and
  - d) understand one's well-being and delve deeper into increasing self-awareness to thrive and excel in the new normal and understand the psychology behind emotions.
3. The participants for this activity are the 11 ALS implementers, 2 District ALS Coordinators, 2 ALS Learning Facilitators, 2 Education Program Specialists in ALS, 1 Education Program Supervisor, 1 Resource Speaker. They shall be notified of the link and shall be assisted by the members of the technical working group.
4. Immediate and wide dissemination of this Memorandum is earnestly desired.



CA 2021-031  
Address: Jesus Street, Pulungbulu, Angeles City  
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*Irelyn P. Tamayo*

**MA. IRELYN P. TAMAYO PhD, CESE**  
Assistant Schools Division Superintendent  
Officer-In-Charge  
Office of the Schools Division Superintendent



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Enclosure no. 1 to Division Memorandum No 036 s, 2022

**LIST OF PARTICIPANTS**

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**COURSE MATRIX**

Duration	Topic	Intended Learning Outcomes	Methodology	Assessment	Outputs	Resource Person
	Discussion of Goals and Expectations	To set the goals for training and to identify the speakers and participants expectations		Post Webinar Evaluation	Expectation lists	
	The Happiness Scale	To assess the current mood of the participants	Quick Survey	Likert Scale	Chat responses of the Participants	
	Over-all mood assessment	To identify what words can best describe their current overall feeling	Quick Survey	SLDO Word Char	SLDO Word Chart	
	The Mental Health Continuum		Lecture			
	Stress, Anxiety and Depression	To introduce the Mental Health Continuum and define who is a healthy person		Post Webinar Evaluation		
	How to Spot Mental Health Red Flags	To provide the participants knowledge about Stress, Anxiety and Depression its				



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	Validation and Invalidation of Feelings and Emotions	effects on our Mental Health				
		To train the participants on how identify mental health red flags				
		To teach the participants how not to invalidate emotions				
	Radical Acceptance and Distress Tolerance	To teach the participants the value of accepting reality and applying distress tolerance				
	Identifying Triggers and Hot Buttons	To share with participants ways on how to spot their emotional triggers and hot buttons				
	Identifying, Disputing and Reframing Unwanted Unhealthy Thoughts	To teach the Participants how to Identify, Dispute and Reframe Unwanted Unhealthy Thoughts				
	Practicing Mindfulness	To share with the participants the importance of practicing mindfulness				



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		in managing of mental health				
	STOP Meditation	To demonstrate to the participants how to apply the STOP meditation				
	Boxed Breathing and One Minute of Mindfulness	To demonstrate to the participants how to perform breathing exercises				
	Mental Health Breaks and the Pomodoro Technique	To demonstrate to participants how to apply the Pomodoro technique in managing tasks				
	Healthy Distractions, and Self- Soothing Our Senses	To share with participants ways on how to apply healthy distractions and perform self-soothing activities				
	Question and Answers	To encourage the participants to raise their questions and share their insights with regards to the topics discussed.				



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