

Breaking the Stigma: Promoting Mental Health Awareness

Resource Speaker:

Mrs. Gloria Dela Merced – Josol, RPsy, RGC

March 22, 2024

Via Zoom Meetings and CGC Mapua FB Live

With 98 Participants

FB Link: <https://www.facebook.com/share/p/ucz5mUfiKSwhBJk1/>



The poster features a teal background with a large green ribbon symbolizing mental health awareness. On the right, there is a silhouette of a head filled with words related to mental health such as 'DEPRESSION', 'ANXIETY', 'GLOOM', and 'UNHAPPINESS'. The Mapúa University logo and the CGC logo are at the top. The title 'Breaking the Stigma: Promoting Mental Health Awareness' is prominently displayed in the center. Below the title, the resource speaker's name and title are listed. At the bottom left, the date, time, and platform are specified. A QR code with the text 'Scan Me' is located at the bottom right.

**Breaking the Stigma:
Promoting
Mental Health
Awareness**

Mrs. Gloria Dela Merced-Josol, RPsy, RGC
Resource Speaker

MARCH 22, 2024
1:30 pm
via zoom
CGC FB live

Scan Me



Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording **LIVE** Facebook

Official Business

**Breaking the Stigma:
Promoting Mental Health Awareness**

Mrs. Gloria Dela Merced-Josol, RPsy, RGC
Resource Speaker

MARCH 22, 2024
1:30 pm
via zoom
CGC FB live

Scan Me

Participants: 69 Chat Share Screen Reactions Apps Whiteboards

Unmute Start Video

CGC-Arlene Macatuggal
Wilca Salibay
Jonathan Campo
Gloria P de la Merced - Josol

Leave

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording **LIVE** Facebook

**Mapua University
Center for Guidance & Counseling**

**Breaking the Stigma:
Promoting Mental Health Awareness**

Gloria P. de la Merced-Josol, RPsy, RGC
gpdelamerced-josol

Participants: 71 Chat Share Screen Reactions Apps Whiteboards

Unmute Start Video

Gloria P de la Merced - Josol

Leave

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

Focusing our attention

Thought-provoking QUOTE

Please reflect on the quote

Owning our story can be hard but not nearly as difficult as spending our lives running from it.

- Brene Brown

gpdelamerced-josol

Unmute Start Video Participants 71 Chat 1 Share Screen Reactions Apps Whiteboards Leave

Gloria P de la Merced - Josol

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

Mental Health among Filipino Youth

- DepEd Assistant Education Secretary Dexter Galban said that *"404 young students in various parts of the country took their own lives and 2,147 others attempted suicide during Academic Year 2021-2022 when most schools were still closed because of the pandemic"*.
- Among the *"28-million student population, 775,962 learners"* sought guidance & counseling (Ramos, 2023)

gpdelamerced-josol

Unmute Start Video Participants 72 Chat 1 Share Screen Reactions Apps Whiteboards Leave

Gloria P de la Merced - Josol

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

Mental Health among Filipino Youth

- DepEd Assistant Education Secretary Dexter Galban said that *"404 young students in various parts of the country took their own lives and 2,147 others attempted suicide during Academic Year 2021-2022 when most schools were still closed because of the pandemic"*.
- Among the *"28-million student population, 775,962 learners"* sought guidance & counseling (Ramos, 2023)

gpdelamerced-josol

Unmute Start Video Participants 74 Chat Share Screen Reactions Apps Whiteboards Leave

Gloria P. de la Merced - Josol

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

Spectrum of Intervention of Mental Health cited from Renz Christian Argao, PhD (2024)

Prevention so as not to "become unwell" Psychological Intervention Prevention of Relapse

Well Become Unwell Unwell Recovering

Promotion of mental well-being Maintenance of mental well-being

gpdelamerced-josol

Unmute Start Video Participants 76 Chat Share Screen Reactions Apps Whiteboards Leave

Gloria P. de la Merced - Josol

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

"Well" or Mentally healthy category

- Morning (2023) describes mental health as a state that:
 1. allows you to enjoy activities you take part in;
 2. enables you to work productively;
 3. empowers you to cope with normal stresses in life; and
 4. permits you to realize your own potentials.

gpdelamerced-josol

Unmute Start Video Participants 84 Chat 2 Share Screen Reactions Apps Whiteboards Leave

Gloria P de la Merced - Josol

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

Mentally-healthy or "Well" category

- Being mentally health $\neq$ Being happy all the time
- Normal $\neq$ Stressful situations and negative emotions
- **Resilience** is the ability to function in the face of stressors and to cope with difficult feelings in healthy and productive ways.

gpdelamerced-josol

Unmute Start Video Participants 84 Chat 2 Share Screen Reactions Apps Whiteboards Leave

Gloria P de la Merced - Josol

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

"Recovering" category

- taken the steps to improve or maintain your mental health.
- Caring for our mental health is an on-going process
- skills to prevent a relapse
- to maintain your mental well-being.

gpdelamerced-josol

Unmute Start Video Participants 94 Chat Share Screen Reactions Apps Whiteboards Leave

Gloria P de la Merced - Josol

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

Focusing our attention

Thought-provoking QUOTE

Please reflect on the quote

MENTAL NOTE:
take care of you.
Make self-care a conscious practice.

gpdelamerced-josol

Unmute Start Video Participants 96 Chat Share Screen Reactions Apps Whiteboards Leave

Gloria P de la Merced - Josol

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

"Mental Health Wellness" category

- Psychoeducation
 - Webinar on "breaking the stigma: promoting mental health awareness"
- In-depth Individual Interview or Focus Group Discussion
- Teaching self-care skills

gpdelamerced-josol

Unmute Start Video Participants 96 Chat 3 Share Screen Reactions Apps Whiteboards Leave

Gloria P de la Merced - Josol

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

SUN: Serotonin

- When sunlight enters your eyes, it stimulates the parts of your retina that cue your brain to produce a neurotransmitter, **serotonin**, known as the **happy chemical**. (Lotker, 2022)
- According to Ciccarelli (2022), **serotonin** is involved in sleep, **mood**, anxiety, and appetite.
- For example, low levels of 5-HT (*serotonin* or *5-hydroxytryptamine*) activity have been linked to depression.

gpdelamerced-josol

Unmute Start Video Participants 96 Chat 3 Share Screen Reactions Apps Whiteboards Leave

Gloria P de la Merced - Josol

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

Need for Adequate SLEEP

- o "sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health". (Good sleep for Good Health, 2021)
- o The "mental benefits of sleep are thought to include the capacity to improve creativity and problem solving; lower the likelihood of depression and other mental disorders; and even increase life expectancy". (Suiceline Victoria, 2022).

gpdelamerced-josol

Unmute Start Video Participants 98 Chat 3 Share Screen Reactions Apps Whiteboards Leave

Gloria P de la Merced - Josol

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

Lack of SLEEP

- o Sleep deprivation is closely connected to emotional regulation.
- o Sleep deprivation and mental health disorders is related bi-directionally.
- o Mental health disorders can make it difficult to sleep.
- o Poor sleep can contribute to the initiation and/or worsening of mental health problems.

gpdelamerced-josol

Unmute Start Video Participants 98 Chat 3 Share Screen Reactions Apps Whiteboards Leave

Gloria P de la Merced - Josol

Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

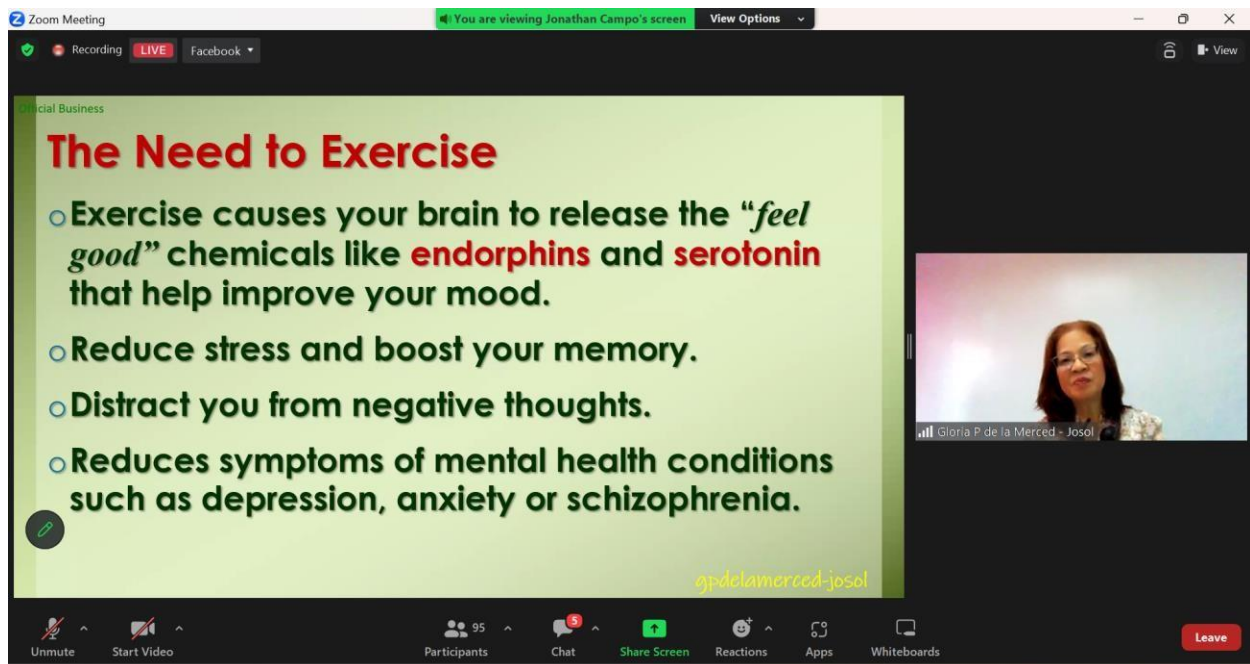
Official Business

The Need to Exercise

- Exercise causes your brain to release the “*feel good*” chemicals like **endorphins** and **serotonin** that help improve your mood.
- Reduce stress and boost your memory.
- Distract you from negative thoughts.
- Reduces symptoms of mental health conditions such as depression, anxiety or schizophrenia.

gpdelamerced-josol

Unmute Start Video Participants 95 Chat 5 Share Screen Reactions Apps Whiteboards Leave



Zoom Meeting You are viewing Jonathan Campo's screen View Options

Recording LIVE Facebook

Official Business

Borrowing from REBT

- If our thoughts are becoming negative and unhelpful – let us take a step back and reframe it.
- Rumination can lead us to spiral in a cycle of negative
- Watch a short video about the ABCDEF model of Abert Ellis' Rational Emotive Behavior Therapy (or REBT)

gpdelamerced-josol

Unmute Start Video Participants 86 Chat 2 Share Screen Reactions Apps Whiteboards Leave



