

CEM ONLINE NEWSLETTER

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Be Kind to Your Mind this October

The **World Mental Health Day** on *October 10, 2021* is an annual campaign of the World Health Organization (WHO) with the overall objective of “raising awareness of mental health issues around the world and to mobilize efforts in support of mental health. It also provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide”.

The National Mental Health Week is also observed in the country on October 11 to 16, 2021 by virtue of Presidential Proclamation No. 452, s. 1994, declaring the Second Week of October of Every Year as National Mental Health Week.

The Department of Education also joined in the celebration by conducting various virtual initiatives and activities to amplify the theme: *Mental Health Care for All: Let's Make it a Reality*. Education Secretary Leonor Magtolis Briones said, “The Department wants to ensure that the mental health of our personnel and learners are being taken care of. While we have consistently conducted Mental Health and Psychosocial Services for our stakeholders during this pandemic, we recognize that looking out for everyone’s mental state is a continuous process”.

CEM is one with the whole nation in supporting this campaign.

<https://www.who.int/campaigns/world-mental-health-day>

<https://www.deped.gov.ph/2021/10/14/deped-starts-conducting-series-of-activities-in-line-with-2021-national-mental-health-week/>

9 Easy Things You Can Do Daily for Your Mental Health

These are things you can easily incorporate into your daily routine that take just a few minutes of your time and minimal effort. Taking small steps like these toward better mental health can be fun and may even set the stage for bigger and better changes in your life.

1. Start your day with a cup of coffee

Studies have found that the caffeine present in coffee contributes to significant decreases in a person’s risk of depression. The caffeine present in tea also has protective effects against depression.

2. Indulge in some dark chocolate

Studies have found that regular consumption of dark chocolate significantly lowers the odds of clinically relevant depressive symptoms. To maximize the health benefits, try eating dark chocolate made of 70% cocoa or more. This minimizes your calorie and sugar intake.

3. Journal your way to mental health

Get it out of your head and write it up on paper! Journaling can boost your mood, enhance your sense of well being and reduce symptoms of depression.

4. Get your daily dose of Vitamin D

Studies have found that the rate of serotonin production in the brain is directly related to the duration of bright sunlight on any given day, with higher levels on bright days than on overcast or cloudy ones.

5. Get Creative

Studies have found that creative expression and exposure to the arts have wide-ranging effects on cognitive and psychosocial health. Engaging in art activities may even delay cognitive decline in very old age.

6. Connect with Nature

Studies have found that taking a walk through nature produces measurable benefits for your mental health and may even reduce the risk of depression.

7. Dance, dance, dance

Studies have found that dancing is a mood booster and improves mental health and cognitive skills, with positive effects lasting long after the music has stopped.

8. Laugh it up

Studies have found that laughter activates and then relieves your stress response, as well as triggers the release of endorphins, leading to positive, relaxed feelings and soothed tension.

9. Play with Your Pets

Studies have found that pet owners are less likely to suffer from depression than those without pets and playing with a dog or cat can elevate levels of serotonin and dopamine, which help you calm and relax.

<https://www.thrivingmind.org/everyday-tips-for-building-better-mental-health/>



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CEM Launches Vision, Mission, Goals Learning Series

CEM's *Office of the President* launched the *VMG Learning Series* with its first in-house webinar entitled *Marketing Matters* on *October 26, 2021* from 2:00-4:30 pm. It was facilitated by **Mr. Johann Ben A. Bautista**, *Treasurer of the CEM Board of Trustees*. This webinar aims to reintroduce current marketing strategies and trends that would make "...everyone in the CEM family a part of the marketing team." This staff development activity was attended by CEM employees from various divisions and sections.

The *CEM VMG Learning Series* is part of CEM's long-range programs and planning strategies aimed at promoting the sustainability of the organization.



Top, L-R: Father Roderick C. Salazar, Jr., SVD - Chair of CEM Board of Trustees BOT; Mr. Johann Ben A. Bautista - Guest Speaker & Treasurer of CEM BOT; and Dr. Grace H. Aguilung-Dalisay - CEM President & CEO; **Middle, L-R:** Atty. Diosdado G. Madrid - Corporate Secretary of CEM BOT; Dr. James L. Tan - Trustee of CEM BOT; and Janet T. Evasco - Webinar Moderator & OIC-Director for Operations; **Bottom, L-R (Panelists):** Marinita T. Alano - OIC of Client Relations Section; Aileen A. Cartagena - Head of Corporate Communications Section; and Kevin M. Adolfo - Head of Human Resources Section.

Community Corner

CEM puts premium on its employees' mental wellness. As part of its campaign in promoting mental health among colleagues, we asked our staff what advice would they give to a person who is dealing with anxiety. Here are some of their words:

Keep on praying.. always remember God gives His toughest battles to His strongest soldiers..

- Leah Parado

Provide encouragement, communicate with family and friends, connect with nature, focus on the positive aspects of life and PRAY.

- Ann Marie Tambanillo

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." -Philippians 4:6-7

- Aldwin Callong

What advice would you give to a person who is dealing with anxiety?

Prayer is the best solution. When we are worried, stressed or fearful we can pray to God and ask him to help us what we are going to do. He can calm us and give peace. He can calm our anxious thoughts. Lift our hands to the Lord and He'll show us the way.

- Girlie Rayon

It's okay to be anxious in these uncertain times. It's a normal response to an abnormal situation. The wrong is not on them but on the situation they are in.

And that sometimes, it helps to be short-sighted if the bigger picture is too overwhelming to take in. That, if the long run looks too tiring, baby steps are still worth celebrating.

- Girlie Rayon

"Anxiety was the thing that emerged first for a lot of people because anxiety does not like uncertainty and that's what we've been dealing with during the pandemic. And the longer the anxiety goes on, the more people start to feel on the depressive side of things."

Dr. Jessi Gold

Assistant Professor, Department of Psychiatry
Washington University School of Medicine