



BATANGAS STATE UNIVERSITY

The National Engineering University

Mental Health Week Celebration

OUR MINDS, OUR RIGHTS

Mental Health Month provides a valuable opportunity to raise awareness about mental health issues, reduce stigma, and promote overall mental well-being. With the theme “**Our Minds, Our Rights**,” the **Office of Guidance and Counseling (OGC)** organized a series of activities with the aim to raise awareness about the importance of mental health as a universal human right.

1. CONSULTATION

This service is designed to support faculty and staff in addressing immediate challenges while also enhancing their mental and physical capacity for problem-solving through seeking professional help.

2. COUNSELLING

The OGC provides a safe and confidential space where faculty and staff can discuss their challenges and receive professional guidance. Whether seeking assistance with personal issues, navigating social dynamics, addressing academic challenges, or exploring career development, the OGC is committed to offering the necessary support to help them thrive in all aspects of their lives.

3. REFERRALS

Employees are encouraged to refer their co-workers to the OGC when they recognize that a colleague may be struggling with deeper mental health issues beyond their ability to assist. This ensures that individuals receive the appropriate professional support and resources needed to address their mental health concerns.

4. PSYCHOLOGICAL TESTING

Specific psychological tests such as personality assessments and mental health screening exams are offered to employees who wish to avail themselves of this service. Through these assessments, employees can gain a better understanding of their strengths, areas for growth, and overall mental well-being, allowing them to address challenges more effectively and support their personal and professional development.

5. MINDFULNESS AND RELAXATION ACTIVITIES

Various guided relaxation techniques are facilitated to help employees alleviate stress and lighten their senses during challenging situations.

From October 19–20, 2023, the Office of Guidance and Counseling held and participated in celebrating Mental Health Month with a series of activities and programs.

These activities were designed to contribute to the holistic development of not only the students but also the faculty and staff, creating a more inclusive and understanding atmosphere where everyone's mental health needs are recognized and addressed.

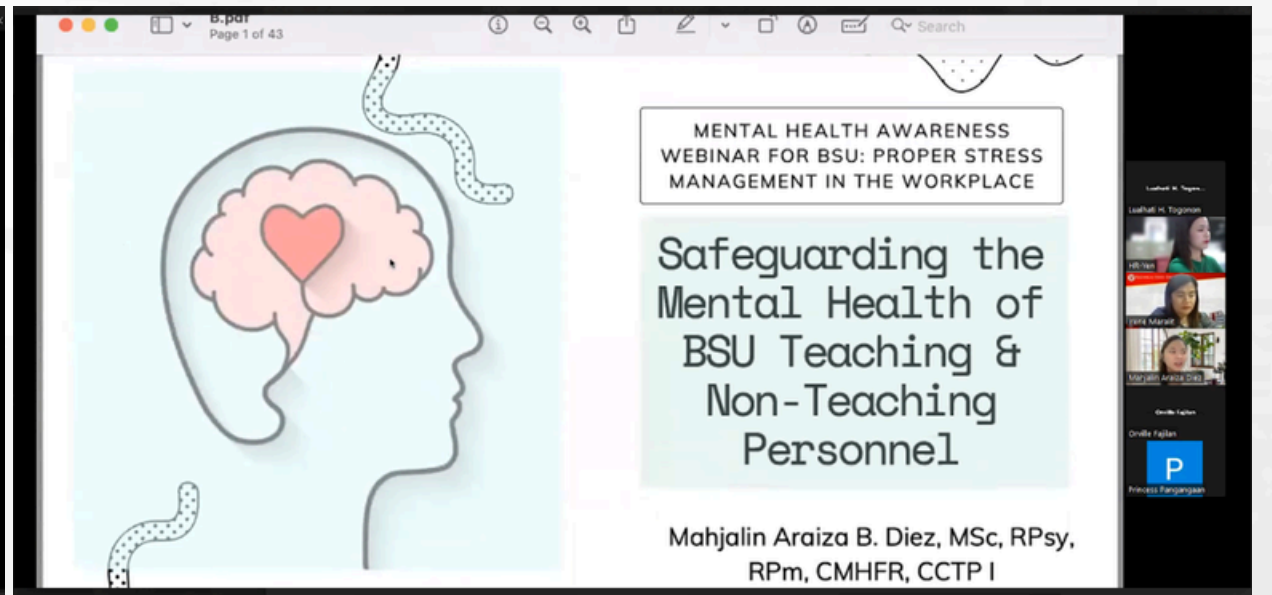
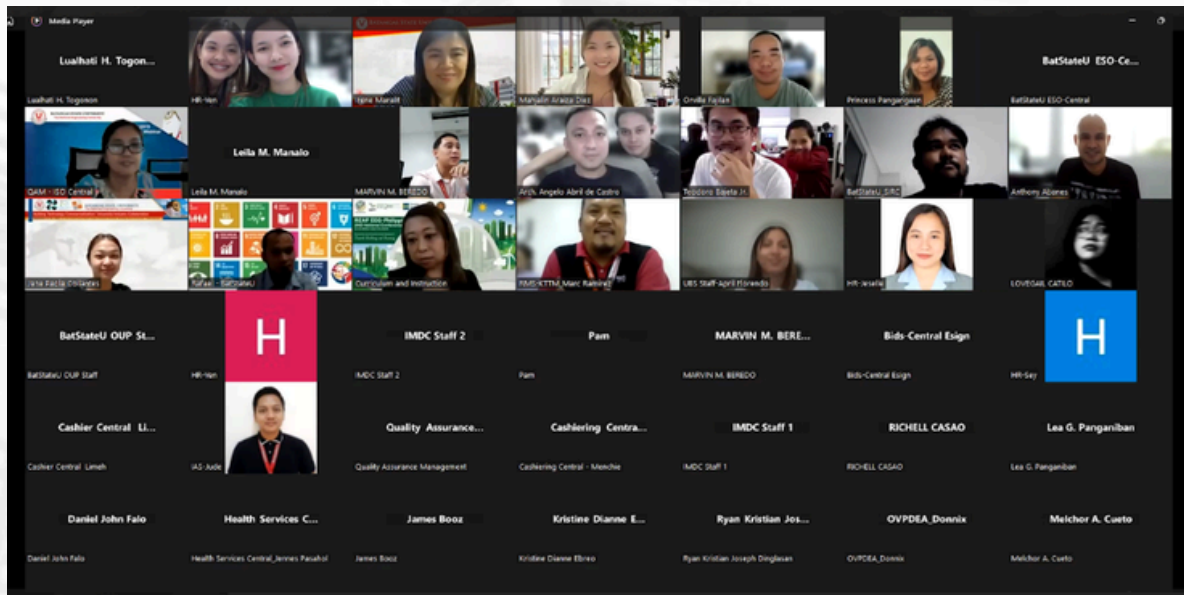




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Mental Health Matters: Proper Stress Management in the Workplace



The general objective of this webinar is to raise awareness on proper stress management while its specific objectives are to know the importance of proper stress management; to determine the factors that can cause stress and to learn various coping mechanisms to reduce workplace stress.

The Human Resource Management Office - Central recently organized a webinar aimed at raising awareness about proper stress management. The event addressed the growing concern of workplace stress and its potential impact on employee health and performance.

The webinar featured Ms. Mahjalyn Araiza B. Diez, Program Chairperson of Psychology Department at MAPUA Malayan Colleges, Laguna, as the keynote speaker. She delved into the significance of stress management, identified common stress triggers, and shared practical coping mechanisms to mitigate stress.

The interactive session provided participants with an opportunity to ask questions and seek advice. This initiative underscores HRMO's commitment to encouraging a healthy and productive work environment.

The mental health webinar is a regular initiative of the HRMO to provide support to employees and staff.