

## KUMUSTA KA? TARA, USAP TAYO!

An Online Forum Series on Mental Health and how to cope with the Covid-19 Pandemic

10:00 am

Every Friday, September 10, 2021-November 12, 2021

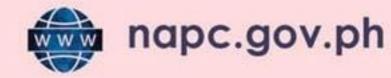
**Hosted by:** Office of Undersecretary Penelope D. Belmonte





COPING WITH COVID-19





## KUMUSTA KA? TARA, USAP TAYO!



HOW DO PANDEMICS IN GENERAL AFFECT OUR MENTAL HEALTH? (PERSPECTIVE OF A LEADER AND A WORKER



HOW DO I BALANCE OBSERVING SAFETY PROTOCOLS AND NOT BECOMING OBSESSIVE ABOUT IT THAT IT **BECOMES A MENTAL HEALTH ISSUE?** 



HOW DO PANDEMICS IN GENERAL AFFECT OUR MENTAL HEALTH? (PERSPECTIVE OF A PARENT AND A CHILD



WHAT IF I'M ALREADY LIVING WITH AN ANXIETY DISORDER? MEDIA COVERAGE CAN BE ESPECIALLY TRIGGERING. HOW CAN I COPE BEST?



HOW CAN I MONITOR MY MENTAL HEALTH? WHAT'S HEALTHY IN THIS SITUATION, AND WHAT'S CONCERNING?



HOW DO I OFFER EMOTIONAL SUPPORT TO FRIENDS, FAMILY MEMBERS, OR CO-WORKERS WHO ARE/HAVE **BEEN QUARANTINED?** 



HOW CAN I COPE WITH THE STRESS AND ANXIETY I'M EXPERIENCING BECAUSE OF THE PANDEMIC?



VIRUS OR THE HYSTERIA IN THE MEDIA?



FEEL ANXIOUS ABOUT CATCHING THE VIRUS OR TRANSMITTING IT TO A LOVED ONE. WHAT CAN I DO?



DO I TALK TO MY CHILDREN CORONAVIRUS WITHOUT MAKING THEM ANXIOUS?







