



KUMUSTA KA? TARA, USAP TAYO!

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

Every Friday, | September 10, 2021-
10:00 am | November 12, 2021

Hosted by:

Office of Undersecretary Penelope D. Belmonte

via  zoom

 LIVE on /NAPC.PH

#COPING WITH
#COVID-19

KUMUSTA KA? TARA, USAP TAYO!

WEEK 1

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

WEEK 6

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

WEEK 2

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

WEEK 7

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

WEEK 3

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

WEEK 8

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

WEEK 4

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

WEEK 9

WHICH IS MAKING PEOPLE MORE ANXIOUS: THE VIRUS OR THE HYSTERIA IN THE MEDIA?

WEEK 5

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

WEEK 10

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

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