



Department of Education
Region X – Northern Mindanao
DIVISION OF LANA O DEL NORTE
Gov. A. Quibranza Prov'l. Gov't. Compound
Pigcarangan, Tubod Lanao del Norte
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DIVISION MEMORANDUM

No. 172 s. 2021

TO

School Governance and Operations Division Personnel
School Health Section Personnel
School District Nurses
School Guidance Designates
Youth Formation Coordinators
This Division

FROM

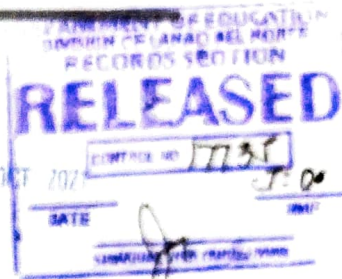
[Signature]
EDILBERTO L. OPLENARIA, CESO V
Schools Division Superintendent

SUBJECT

DEPRESSION AND STRESS MANAGEMENT: A MENTAL HEALTH WEBINAR

DATE

OCTOBER 6, 2021



- 1 Relative to the the Department of Education Lanao del Norte's commitment to take an active role to protect the general welfare and promote mental health to its personnel and learners, this Office through the School Health Section will conduct a one-day mental health webinar on **Depression and Stress Management** on October 22, 2021 via YouTube: <https://youtu.be/Bxd6PVipBLo>.
- 2 The said activity aims to increase mental health awareness on depression and stress management techniques, like mindfulness, breathing exercises, and meditation, to help employees and learners reduce anxiety and stress, and improve focus and motivation.
- 3 Participants to this virtual activity are the school health section personnel, school guidance designates, youth formation coordinators and school district nurses of this Division.
- 4 Immediate dissemination and strict compliance of this Memorandum is directed.

#GO100



Management
System
(063) 227-3414
2021-10-06

