



SUPREME STUDENT GOVERNMENT

Academic Year 2021 - 2022

NARRATIVE REPORT

Paglaom: Mental Health Awareness Online Sessions
February 15 to 17, 2022

Grade 7 & 8 (Day 1 - February 15)

The Mental Health Awareness Project Paglaom was spearheaded in collaboration with the Peer Facilitators Organization. The first mental health session was for Grades 7 to 8 which was held on February 15, 2022, in the afternoon. The virtual session consisted of segments entitled: Coping with the Changes and Challenges of Grades 7 and 8 in a Pandemic. It was delivered via Google Meet, which drew 20 participants and registrations on the provided form.

The program began at 2:30 p.m. with a prayer by Ashley Del Puerto, followed by a program preparatory in which the Supreme Student Government's SWC on Well-Being, Jockey Marie Fabi, presented her introductory remarks. The portion, which was held in session, was moderated by SSG Secretary Naomi Hannah de Lima and SSG Auditor Ashley Jay Abesa. Ms. Eileen DL. Quitangon, Associate Professor at the College of Education for 24 years and counting, was the invited speaker for the first session.

During the session, the invited speaker was given the opportunity to introduce herself, her experiences, and a story to share with the students, such as a lesson she had learnt in the past. Her talk revolved around the narrative of our current circumstances that we are in the midst of a new normal, the world has drastically changed, and we are finding it difficult to adjust to the things we were used to. The talk allowed the students to be able to understand the basics of mental health along with the tips and more extensive discussion in coping with stress. In this setting, people, particularly students, are more likely to experience psychological or mental disorders. The speaker highlighted the importance of prioritizing mental health especially for students who are young enough to not know how to effectively manage their health.

Though there have been numerous technical difficulties experienced, the talk ended as engaging and fun, and we students have learned from the speaker. The talk ended past 4 in the afternoon.

Grade 9 & 10 (Day 2 - February 16, 2022)

The second session of the Paglaom 3-Part mental health sessions took place on February 16, 2022, with students of grades 9 and 10 as the participants. The webinar had something unique about it, yet talking about our mental health is difficult, so the webinar wasn't only about mental health, which we were very enthusiastic about. Through despair, loneliness, hatred, and loss, it was also about saving everyone's life.

The online session began at approximately 2 in the afternoon PFO adviser, Ma'am Ruby Riza Tranzonia, provided us the meeting link, and we were all buzzing around, excitedly waiting for additional members to join us in the webinar. It was more of a getting to know each other, getting together, and discussing the student's mental health than a meeting. 30 minutes later, everyone had arrived for the meet. We began with an icebreaker and then moved on to the webinar's emcees, who were Mr. Ashley Jay Abesa, Mr. Clark Angelo Hernandez, Mr. Zabdiel



Thed Enguero, and Ms. Kirstie Blythe Sayson. They presented the program in a very clear manner, and all the students were quite engaged.

We began with a brief instruction, which included their names, sections, interests, and the rules and compliances. We then began the opening prayer, which was led by Ms. Jockey Marie Fabi, after a few minutes.

Mrs. Ruby Riza Tranzonia, our PFO adviser, was brought to the stage by the emcee to introduce our resource speaker, Mrs. Ivy Galon Morino. Mrs. Ivy talked about mental health and how we should be mindful of it. She began by discussing anger, including why we get angry for various reasons and the significance of anger. When you're angry, she says, you'll notice that others are in pain, either vocally or physically. When you're upset, you frequently regret what you've done. She went on to say, "How are we going to deal with tough emotions?" Is to let go of the need to be in charge of them. She also brought up the subject of melancholy. Sadness is a broad category that encompasses a wide range of emotional emotions ranging from slight disappointment to complete despair. It's acceptable, she said, not to be okay. Allow yourself to be sad for a while. Accept all of your emotions as normal and comprehensible. Be conscious of how you feel, don't hide how you feel about yourself, and accept all of your feelings as natural and understandable. She also addressed the issue of hatred. It's intense and ill-intentioned. Prejudiced enmity or antipathy, historical racial preconceptions, or inherent hatred are all examples of mutual dislike. When Ma'am Ivy inquired if hatred could make you stronger, someone said "no," because hatred isn't any more powerful or weak than any other emotion. It's a shaky and fleeting power. Reframing negative thoughts was also discussed by our resource speaker. What is the best way to reframe negative thoughts? Awareness. Concentrate on becoming aware of your negative thinking traps. Ask questions, consider many perspectives, and keep practicing; this takes time. Ma'am Ivy then finished by sharing her thoughts and understanding on mental health with the pupils.

The emcee then requested the students to open their cameras and take pictures with Ma'am Ivy Morino once Ma'am Ivy had finished presenting her insights. The hosts also discussed the special announcements and duties that the class representatives would be responsible for. One of the goals of the event is for participants to share what they've learned with others, particularly their classmates. The second task for the class reps is to run the "KUMUS2LKS" classroom version of the activity. "What's your mood today?" they'll inquire of their peers. " Or simple queries such as "do you want to help?".

Peer to peer will be conducted after the hosts have obtained input from the kumustalks from class representatives, according to the hosts. The PFO will assist the class representatives in determining how many of their peers are going through something. Always keep in mind the importance of our mental wellness. "Being able to be your authentic self is one of the most important aspects of excellent mental health," we'll conclude.

Grade 11 & 12 (Day 3 – February 17, 2022)

The Supreme Student Government, in collaboration with Peer Facilitator Organizations, held their 3rd Mental Health Session for Grades 11 to 12, via Google Meets, on the 17th of February 2022, and it was a success thanks to the efforts of the hosts, guest speakers, and participants. Gwen Morao, program hosts began the activity with an invocation followed by the singing of the national anthem.

The guest speaker, Dr. Lorelei R. Vinluan, effectively covered the topic "Getting Things Done on Time: Tips to Beat Procrastination." She offers numerous suggestions for avoiding procrastination. She also discusses which part of the body should be wet first when having a bath: our legs rather than our heads to avoid aneurysms and other ailments. She also gives us advice on how to complete our academics. She also offers a variety of procrastination-busting methods, such as self-care, stress management, finding happiness via giving, therapy, and many

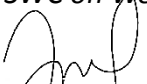


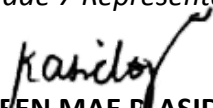
others. Following that, a few students spoke on their thoughts on the topic that Dr. Lorelei presented.

The event began at 4 in the afternoon and ended at beyond 5PM. Before the session ended, the host, Ashley Jay Abesa, presented Dr. Lorelei Vinluan with a certificate of appreciation, as well as a certificate of appreciation to the individuals who participated in the session.

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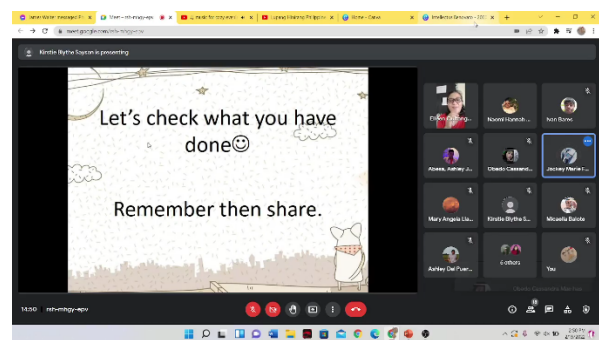
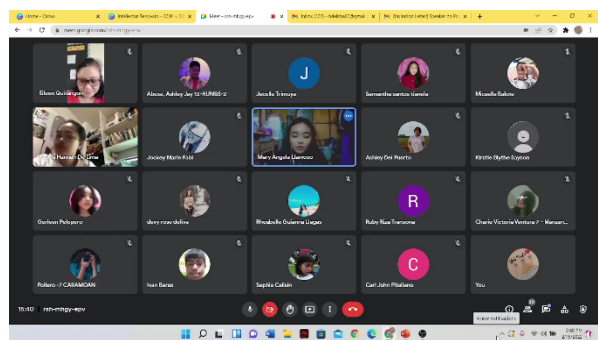
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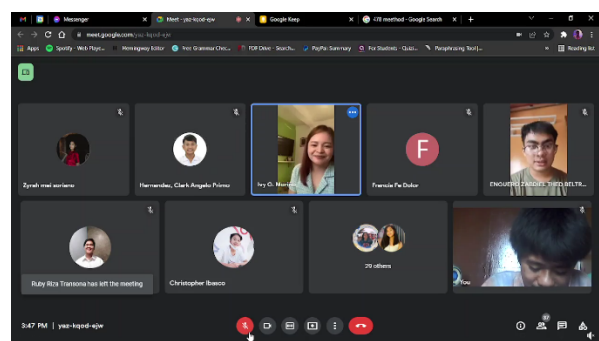
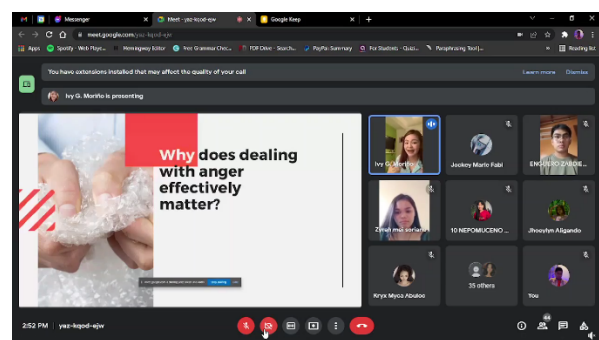
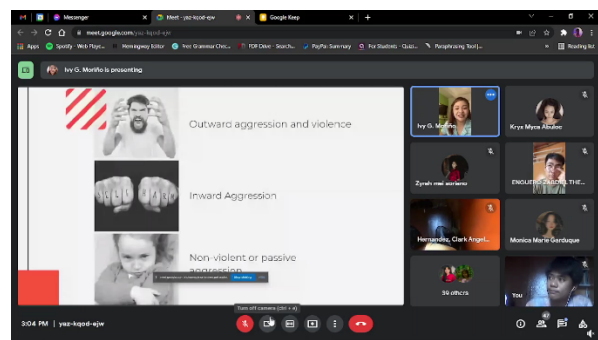
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Grade 7 & 8 (Day 1 - February 15)



Grade 9 & 10 (Day 2 - February 16, 2022)



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