



WEBINAR PROCEEDINGS



JOIN OUR WEBINAR ON



PSYCHO-SOCIAL MANAGEMENT OF STRESS, ANXIETIES AND DEPRESSION AMONG LEARNERS, TEACHERS AND PARENTS AMID COVID PANDEMIC AND BEYOND



RESOURCE SPEAKERS

MS. JERLY VILLANADA DR. MAGDALENA GARCIA DR. NENITA F. BUAN FLORA C. ARELLANO MAY RENDON CINCO



AUGUST 6, 2020
2:00 TO 4:00 PM

EXECUTIVE SUMMARY

Psycho-Social Management of Stress

E-Net Philippines in partnership with the TEACHERS Inc. planned together to hold a webinar on Psycho-Social Management of Stress, Anxieties and Depression among the Learners, Teachers and Parents amid COVID Pandemic and Beyond. E-Net Philippines hosted the Zoom Platform for this webinar. The webinar was divided into 3 parts. Firstly, Ms. Jerly Villanada discussed about the psychosocial situation in the Philippines (both adults and children) during this pandemic era, secondly, Dr. Magdalena Garcia spoke about the condition of the teachers and students adjusting to the new normal situation, thirdly, Dr. Nenita Buan deepened those ideas, situations and experiences by giving the theories on psychosocial management of stress, anxiety and depression. The webinar provided a widepicture of the situation during this pandemic and made the participants adjusted with their coping mechanism amid the hardships they are encountering. People have mixed emotions like fears, anxieties and depressions which they have accepted to be part of the situation. Filipinos in this sense are very creative and innovative, thinking nsome ways to adapt and modify techniques in order to get into solving problems, either be short term or long term. The participants of this webinar both from Zoom application and Facebook live streaming (or may be those who have watched a replayed video) reacted by affirming themselves as normal persons adjusting to the current war we are fighting for. All of us are contributors of the spread of the virus and healers at the same time if we do our part as citizens of this country. Together, let us help flatten the curve by doing the precautions to cease the spread of the virus. Let us strengthen our support system in the family by giving warmth to one another especially to children, guiding the children by implementing the structures, and allowing everyone to be part of the decision making in the family to come up with a better and sounding solution to problem like this.

BACKGROUND OF THE SPEAKERS

Psycho-Social Management of Stress



- **Jerly Mae M. Villanada** - is a Registered Social Worker. She specializes in child protection for more than a decade now. She is presently the Child Protection Manager of Save the Children Philippines. She finished BS Social Work with a Cum Laude distinction from St. Louis University, Baguio City. She was also a recipient of the Linnaeus Palme scholarship in Ersta Skondal University College in Stockholm, Sweden. Trivia: it was funded by the Swedish International Development and Cooperation Agency, which also funds the project that she is managing now for Save the Children. It's kind of giving back.



- **Dr. Magdalena Garcia** - an accomplished Educator, Researcher, Business Practitioner, Speaker and Community Motivator. She is a Faculty, Polytechnic University of the Philippines (Maragondon, Cavite Branch). She is an Honoring Founding President of Teachers and Employees Association for Change, Education Reforms and Solidarity (TEACHERS Inc) Cavite Chapter and Board Member in the National.



- **Dr. Nenita F. Buan** - Practising Clinical Psychologist, an expert in Witness in Court in cases of Annulment, Adoption, among others. She was a former Dean, PUP College of Social Sciences and Development and Chairperson, Graduate Program in Psychology, Polytechnic University of the Philippines.

PROCEEDINGS

Psycho-Social Management of Stress

The video on the advocacy of E-Net Philippines was shown at the beginning of the webinar. It was the way of E-Net to orient the participants on their various programs. It highlighted some activities connected to the promotion of the sustainable development upon which education has been part of it. It also emphasizes both the formal education and the “Alternative Learning System” (ALS) for adults. E-Net formed networks with other civil societies and government agencies to pursue their projects and advocacies.

Ms. Flora Arellano, E-Net President, moderated the webinar and welcomed the participants From Zoom platform and Facebook live streaming. She explained that the webinar was co-sponsorship of E-net Philippines and the TEACHERS Inc. She presented the objectives of the Thursday Webinar, as follows:

- Illustrate/Present the psychosocial situation of learners, teachers and parents amid COVID-19 pandemic;
- Discuss how to manage psychosocial issues of stress, anxieties and depression experienced by our learners, teachers and parents; and
- Come up with programs in school or in workplace that will strengthen the psychosocial support to the health and wellbeing of the learners, teachers as well as parents during the time of the pandemic and beyond.

She also mentioned that there is a need to manifest and ensure mental stability in the exercise of the profession amid the experiences of anxieties, fear, stress and depression. Coping with these situations are steps to recover and adjust to the new normal. The challenge is to continue the flow of life amid the COVID 19 pandemic while maintaining the social distancing and promoting learning modalities appropriate in the situation of the learners.

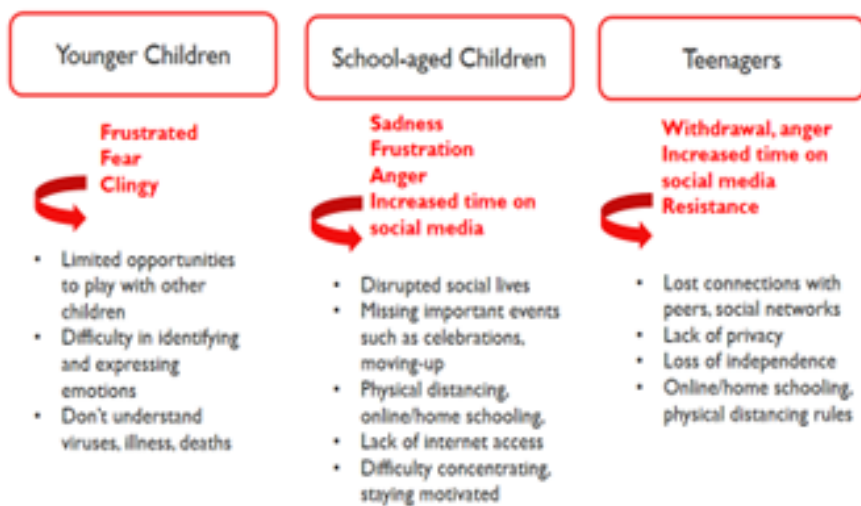
HIGHLIGHTS

Psycho-Social Management of Stress

1. Psychosocial Situation of the Children and Parents amid COVID 19 - Ms. Jerly Villanada

- The COVID 19 pandemic left a stressful and depressive situations to almost all people in different levels. Many people lost their jobs because of the rapid spread of the virus, children do not understand why they cannot go to school or play outside the house, while their parents and the senior citizens stayed at home and not be permitted to get out of the house. This pandemic put them into a serious situation where those who are on the daily basis of their work, suffered a lot as they cannot find other ways for survival.
- Some manifestations of stress are evidently shown affecting them physically, emotionally, mentally and spiritually. The activities are usual and seem to be normal reactions in an abnormal situation. The children are observant to the behaviors of adults that there is something wrong happening in the world without understanding them. They are aware that the world especially our country is suffering from health issues and it alarms them to bring everything into grave.

Heightened stress among children



- The levels of stress among the children varied according to their ages and interests. Those who are addicted with video games must have reached contentment of the unlimited time of playing. While, those children who are helping their parents to work for survival might be a big disappointment for them as they will suffer the consequences. The current poverty situation provided them stress and this pandemic doubled their sufferings and felt hopelessness of not getting out of this mess.
- The part-timer jobs lost their opportunities to earn more for a living, the small vendors who have depended their means to eat for a day and the beggars staying in the streets are displaced. Without expressing the right words to say but this situation provided them stress and becoming helpless.
- The experiences of stress are diverted into anger and expressed to children in a form of corporal punishment (shouting, hitting the children, saying negative words) which have gone through 41% in the data presented. The perceived negative vibes from adults that worries them and even fear of death that this pandemic have caused.
- The distance learning worries the children who cannot afford to buy gadgets as means of education or may be the inaccessibility of internet hinders them to continue their education. The teachers experienced the same because they need to be trained on the conduct of the online teaching.

Recommendations



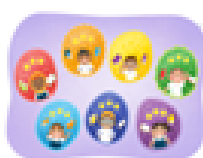
Provide parents with psychosocial support

Educate parents on positive parenting

Ensure reporting and referral mechanisms are in place

Provide parents access to information on the different modalities of blended learning

Establish support group for parents



Provide psychosocial support to children and teenagers to cope with fear and isolation

Help children understand

Educate children on online safety

Encourage children to help

Consult children on their views and use them to improve program development and delivery

- Save the Children Philippines recommends to parents to provide psychosocial support to children by practicing Positive Discipline. They will be trained on the conduct of positive parenting and ensuring reporting referrals on cases of violence or may be cyber violence.

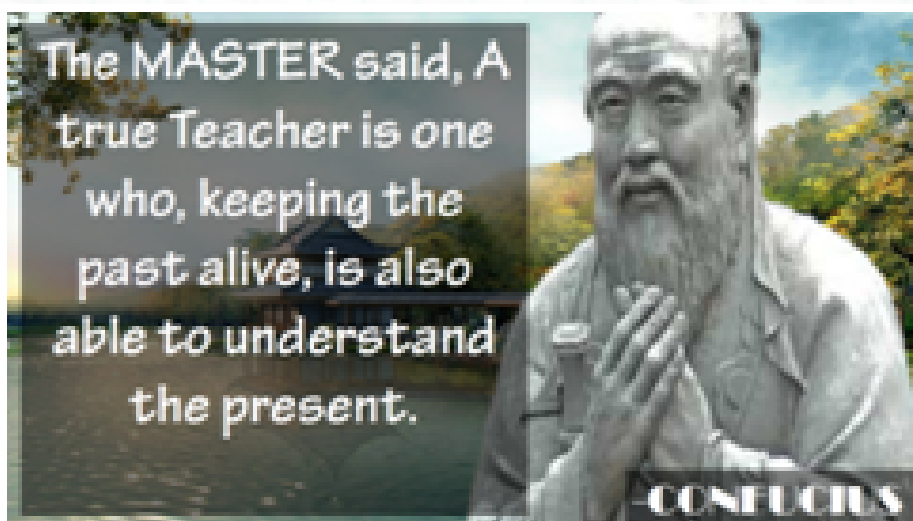
- The children will be supported in coping with fears, anxieties and isolation. Guide the children in using the internet during the online learning to avoid cyber violence. Open communication to children on their experiences during pandemic and encouraged them to become productive even these hard times.

2. **Stress and Emotional Effects of Teachers during the COVID 19 Pandemic – Dr. Magdalena Garcia**

- Several footages of teachers in “24 Oras News Updates in GMA Network” during the pandemic have been reported to show the stress related experiences while preparing the blended learning modality. Teachers went out of their way looking for internet signal in order to attend webinars on how to handle online learning. Most of them gathered together in one place and share one gadget (so as not to disrupt the signal) to watch the webinar under the tree. Added to the stress was the preparation of the instructional materials suitable to both synchronous and asynchronous learning.



- The situation was identified as stressor to people. During the lockdown the teachers are forced to stay at home doing the multi-tasks by preparing the instructional materials, attending to webinars, doing some household chores and attend to their children. Stress is perceived as the blocks to the natural flow of life.
- In the presentation Dr. Garcia cited that the emotion can affect the teachers both in positive and negative way in education set up. It would be the decision of the individual what to choose and manifest in his/her life throughout.
- How do the teachers manage their stress during the pandemic? Some of the recommendations were pointed out in the webinar. **(1)** Checking the ER GO – becoming creative in everything you do and not allowing the stress to come over. **(2)** Team up with parents – the remote learning system requires good communication with parents in order to guide their children in their studies. Parent involvement in education can help in the performance of the child. **(3)** Tap into your happy face – making yourself focus for your students, they need us.
- Always go back to the SOURCE “GOD”, if relationship with the Supreme Being is not strong then it will follow through with the humans. Always believe that He will make things better for you and for all. Confucius once said: “A true teacher is one who, keeping the past alive, is also able to understand the present.”



3. **Psycho-social Management of Stress, Anxiety and Depression – Dr. Nenita Fajardo – Buan**

- **“I Love Myself!”** It is important to start loving yourself before extending it to others. “You cannot give if you do not have.” “Know thy self!” Socrates
- **Stress** is defined as the feeling of emotional or physical tension. It may be in a form of headache, neck & shoulder pain, back pain, lump in throat, heavy chest, and upset of stomach.
- **Anxiety** – a subjective state of apprehension and uneasiness. The manifestation will be the shortness of breath, heart palpitations, trembling, nausea, numbness, etc.
- **Depression** – a common and serious medical illness that negatively affects the feelings, thinking and acting. Causes of depression are sadness, loss of interest in everything once enjoyed and decrease person's ability to function at work or at home.
- How are we going to overcome ourselves from stress, anxiety and depression? There are some ways to combat with this experience:
(1) Doing some mental exercises through critical analysis, solving mathematical equations, reading books, playing board games (chess game, scrabble, puzzle, sudoku, etc). **(2)** Physical exercise – walking, jogging, going to gym, sports, lifting, martial arts, etc.
(3) Proper diet and nutrition – eat nutritious food like protein, veggies, fruits, etc. Avoid taking caffeine like coffee, chocolates, soda drinks, etc. it will only aggravate stress, anxiety and depression. Singing, dancing, painting, relaxation and meditation exercises can help you calm and bringing yourself in a peaceful state.
- Everyone can help people in stress by listening to them, ask compassionate questions, spending time with them, give affirmation, offer assistance and promote teamwork with others.
- Do some journal writing whenever a person is in stress to relieve from fears and painful experiences.

- The most important is to build Self-Esteem and become a better person. "I LOVE ME"
- Change is a constant happening in our life, let us be ready for change
- Spirituality can see clearly the purpose of life, it can heal people from weakness, can attain peace of mind. Spirituality is wholeness of being.

How to Help Somebody Beat Depression



Give positive reinforcement



Offer assistance



Make plans together

How to Help Somebody Beat Depression



Ask compassionate questions



Be willing to listen



Spend time with them

OPEN FORUM

Psycho-Social Management of Stress

Questions/Comments	Responses
Can candy crush, puzzle be considered as stress reducer?	YES. Anything that exercises the minds is a form of mental activity and can reduce stress.
I hope that all the stressors encountered by the teachers must be addressed and will be taken action by the school administrator.	<ul style="list-style-type: none">• LGU must take care the needs of the students during pandemic (i.e. internet connection, gadgets)• Teachers belonging to the low profile must also be given extra amounts "<i>Ayuda</i>" to support their teaching materials• The government must give priorities to the education program (especially the poor students)
As this pandemic continue to spike in alarming level, there is an increasing report on domestic violence. What do you think the government should do aside from the usual home parent webinar to address this effect especially in the depressed areas where parents are not as opened or informed about these changes?	<ul style="list-style-type: none">• Strengthen the child protection system and the community should know where to report the child abuse cases.• In the online sexual violence of the children – the LGU and the community must be capacitated and strengthen the information drive on the rights of the children• All households in the community must be aware of the domestic violence and report the cases to the authority.

A PARTING MESSAGE FROM DR. BUAN:



Do not rely the solution to our government, we should take our part in solving the problem. We are co-responsible in building our nation. In our small ways we can exercise our will to solve the problems that are bound to our capacity. Let us help one another!



SYNTHESIS

Psycho-Social Management of Stress

Ms. May Cinco, E-Net National Coordinator summed up today's webinar by teaching the participants the hand exercise to relieve from stress. She asked the following questions:

1. Can the stress be taken out?
– **Yes! By accepting that stress is part of our life**
2. Can we get away with stress?
– **No! We need to face the stress, divert its meaning to make it positive.**

Ms. May Cinco reiterated that responsibilities at home are added stress to mothers. She is recommending to add the topic on Gender Roles in discussing Stress Management – gender roles of adult and young members of the family, women and men, and girls and boys. Gender roles consist of the reproductive roles (household chores, taking care of children, among others) and the productive role (paid work to sustain their family). E-Net Philippines and Save the Children Philippines conducted Positive Discipline in Everyday Teaching (PDET) and Positive Discipline in Everyday Parenting (PDEP) to be included as one topic in the webinar for guidance of both the teachers and parents during this pandemic. Ms. Cinco summarized the entire webinar with **3 Cs**:

- **Communication** – telling stories at home or in the community can relieve stress especially during the time that the people has nothing to eat, no work, no money during the pandemic. Expressing their difficulties can be a consolation to others knowing that they are not alone experiencing it.
- **Creativity** - Filipinos are creative and innovative in coping with the difficulties during pandemic. In the absence of work, they thought of creating anything or cooking their specialties to sell online, planting veggies in the backyard and harvest these for their consumption.

- **Core Values** – it is a challenge to people to be human to other people with respect at all times (whether pandemic or normal days). Celebrations during birthdays, family gatherings can still be possible online or in a distance. Sharing of happenings, stories with families, time for children, etc. are coordinated well. Experiences that are positive or negative are part of our life. The most important is we are in control of our emotions and behaviors. Everyone must be responsible to help in solving problems. There should have synergies of responsibilities between the government and the citizens to make us survive during hard times especially to this kind of the pandemic.

Ms. Flora Arellano expressed her gratitude to the speakers, E-Net Personnel, the members of the TEACHERS, Inc., and the participants both in the Zoom platform and Facebook live streaming to make this webinar possible.

She announced the schedule of the next webinar on August 13, 2020 with the topic of "Utilization on the Special Education Funds". This is part of E-Net advocacy to generate support to finance the Learning Continuity Plan of the Department of Education through the Domestic Resource Mobilization.

Reminders to the participants to fill out the evaluation form and submit them online.

Documented by: Ms. Ma. Artes C. Cabiles
Secretary, Board of Directors
TEACHERS Inc

