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10 Spiritual Self-Care Tips You Need to Know

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Practice Yoga

- To connect with your body and emotions store deep within
- Encourages non-judgement and an acceptance about where you are at in life with the knowledge that you are building a strong foundation for a more empowering life.

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Meditate

- One of the easiest, most accessible spiritual practices to maintain
- Reduction of Stress
- Clearer connection to who you are and what you want out of life

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Try Mindful Walking

- Allows you to press pause on life and just be in the moment.
- Breathing in the fresh air, feeling the pavement under your feet, and seeing the wide-open sky are subtle ways that ground and nourish the senses.

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Clear Your Space

- The power of scent to uplift your spirit
- The intention of clearing negative energy
- Smudging using a particular incense, sage, cedar, or palo santo is a great way to clear your space (including mental space)

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Connect with Community

- Provides Connection
- Furnish Laughter
- Exchange of Ideas
- Emotional Support
- Strength to persevere

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Journal

- Journaling is another way to tap into the deep recesses of your mind and heart.
- The act of writing sifts and processes thoughts and emotions.
- This can be a nice complement to a morning or evening routine.

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Read Inspiring Material

- Going to infuse your brain with uplifting messages and positive, life-affirming concepts
- Regain your faith in hard work and miracles
- You make better choices
- It broadens your vision towards life

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Be in Nature

- Being in nature heals
- The smell of the earth, the sound of birds or water, the sight of trees swaying in the wind, or waves crashing on the shore make your senses come alive
- You can't help but disconnect from the day and bask in the healing that comes when surrounded by nature.

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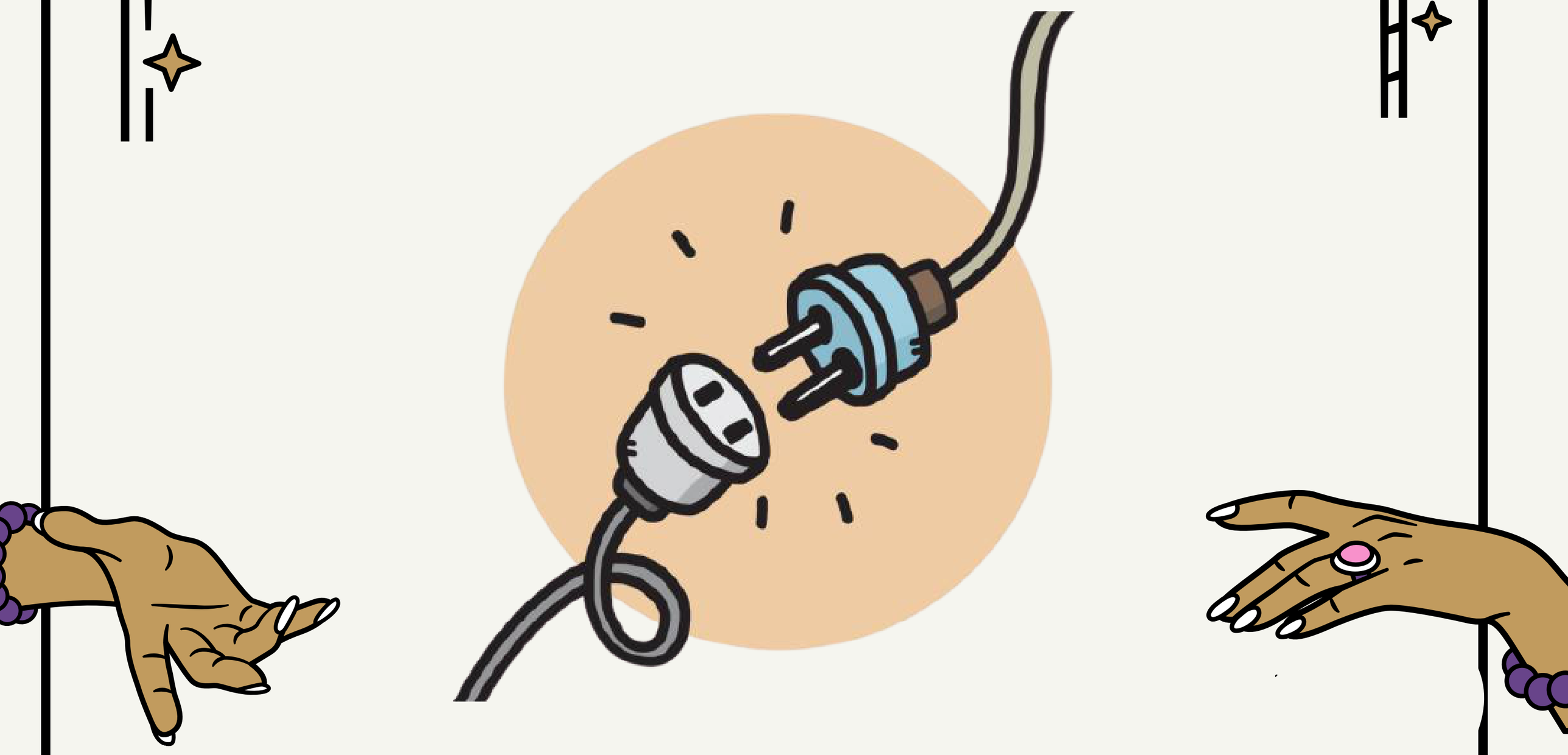

Unplug from Technology

- More time to observe and reflect
- Increased creativity
- Improved relationships
- Better night's sleep
- Better sense of self and needs

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Practice Forgiveness

- "To err is human; to forgive divine."
- When you are unable to forgive someone, it holds you back from fully experiencing life
- The freedom and lightness you will feel from forgiving can be life changing.

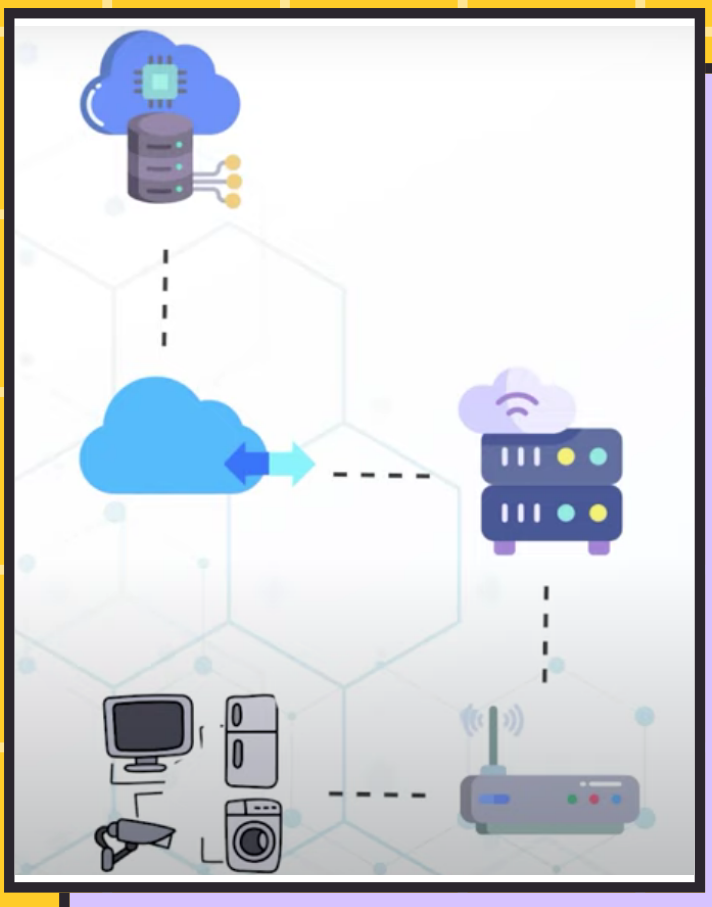
KA JERALD

IOT TECHNOLOGY

IOT IS A SYSTEM OF INTERCONNECTED DEVICES THAT TRANSFER AND EXCHANGE DATA OVER A WIRELESS NETWORK WITHOUT ANY HUMAN INTERVENTION.

IOT THINGS

- air conditioner
- doorbell
- thermostats
- smoke detectors
- security alarms



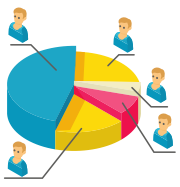
IOT DEVICES ARE CONNECTED TO THE NETWORK WITH THE HELP OF GATEWAYS

These gateways or processing nodes process the information collected from the sensors and transfer it to the cloud which both acts as a storage and processing unit. all actions performed at the collected data are used for further learning and inferences.

MANUFACTURING

TRANSPORTATION

RETAIL

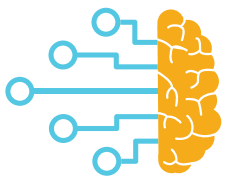


PUBLIC SECTOR

HEALTH CARE

CLOUD COMPUTING

A.I



MACHINE LEARNING

KA JERALD

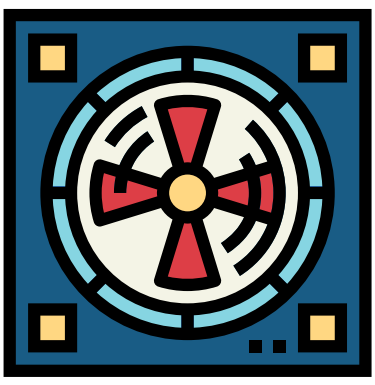
IOT IN ENERGY MANAGEMENT IN PHILIPPINES

SMART HOME

SMART HOME FEATURES A SYSTEM THAT ALLOWS YOU TO CONNECT TO YOUR APPLIANCES AND USE AN INTERNET-CONNECTED DEVICE TO AUTOMATE SPECIFIED CHORES.

LIGHTS

When a room is unattended, you can set the bulbs to turn off automatically and only turn back on when someone enters the perimeters. this feature allows you to conserve energy and reduce your monthly electricity expenses.



VENTILATION SYSTEM

To make your ventilation and air-conditioning system smart, you need to seamlessly connect the different devices you use. your thermostat should have access to an online weather service so that it has the required data to choose the perfect temperature in your residence. by automatically adjusting the temperature according to weather patterns, you will be able to consume the optimal amount of energy.

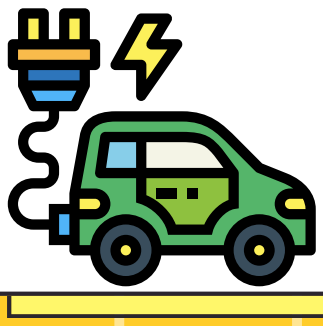
AUTOMOTIVE

ALONG WITH DIFFERENT PROXIMITY SENSORS AND CAMERAS, CARS ARE INTEGRATED WITH IOT SYSTEMS TO REDUCE HUMAN ERROR AND MAKE DRIVING MORE COMFORTABLE, SAFE AND ENERGY EFFICIENT.

E-VEHICLES

DOST is innovating an electric vehicle that is not only an energy efficient one but also an iot that will be abled for monitoring all important parameters mostly for observing the amount of power that is controlled during charging process. in line with this, a smart charging control process has been introduced for saving unnecessary wastage of power.

DOST



SELF ESTEEM

Dr. Morris Rosenberg

- Born in New York City on May 6, 1922
- He received his B.A. from Brooklyn College in 1946 and M.A. (1950) and Ph.D. (1953) from Columbia University

IMPORTANT BOOKS BY DR. MORRIS ROSENBERG

- Society and the Adolescent Self-Image
- The Logic of Survey Analysis, Black and White Self-Esteem
- Conceiving the Self
- The Unread Mind

SOCIETY AND THE ADOLESCENT SELF IMAGE (BOOK)

At this stage of development, between about 15 and 18 years of age, the individual tends to be keenly concerned with his self-image.

- WHAT AM I LIKE?
- HOW GOOD I AM?
- WHAT SHOULD I, OR MIGHT I, BECOME?
- ON WHAT BASIS SHALL I JUDGE MYSELF

REASONS:

1. 1.Late adolescent is a time of major decision
   - The adolescent must also start thinking about marriage.
2. Adolescence is a period of unusual change.
   - Gross and rapid physical changes abound.
   - Internal psysiological changes proceed apace.
   - Sexual drives achieve an intensity which was unimaginable in the period of latency; new desires surge through the youth.
   - Psychological changes are taking place. (New Interests, Attitudes, and Values come to the fore.)
3. Late adolescence is a period of unusual status ambiguity.
   - Society does not have a clear set of expectations for the adolescent.
   - In some ways he is treated as a child, in other ways as an adult.
   - He is thus unclear about his social rights and privileges.

do it for you

REFERENCE:

ROSENBERG, M. (1965). SOCIETY AND THE ADOLESCENT SELF-IMAGE. PRINCETON, NJ: PRINCETON UNIVERSITY PRESS

CULTURAL ROOTS

HIYA

It is a Filipino value that is difficult to translate. Literally it has several meanings such as shy, timid, sensitive rather than ashamed. Filipinos believe they must live up to the accepted standards of behavior and make it a point not to cause another person's embarrassment.

UTANG NA LOOB

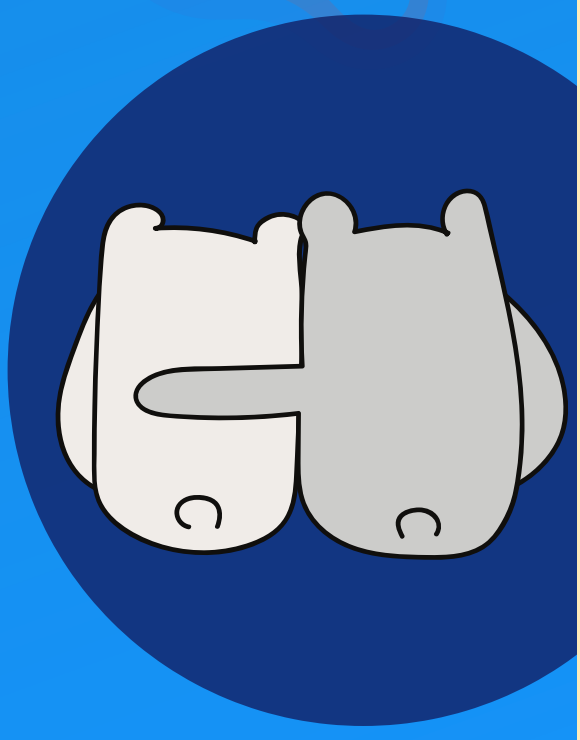
Filipinos always recognize one's indebtedness. This means that he owed to a person who has helped him through the trials he had undergone. He repays that person in whatever kind, whatever time and situation. It is one way of showing deep appreciation for lending out a hand.

PAKIKISAMA

Refers to an interpersonal relationship where people are friendly with each other. To be with someone and to get along with each other indicates basic human friendliness and affinity. It is a basic tendency for Filipinos and is expressed in their private lives, their public workplaces, and in their relationship with their neighbors.

PAKIKIRAMDAM

Operates behind all Filipino values. This steering emotion triggers the spontaneous voluntary actions that come with the sharing of the self. It is the keen deep inner feeling that initiates all deeds. Because of kapwa, Filipino feeling, or pakiramdam, is a participatory process, where emotions are experienced mutually.



Sexual and Gender Diversity

What is Diversity?

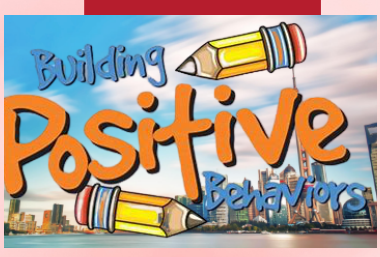
- refers to the existence of different characteristics in a group of people

WHAT CAN WE DO TO BREAK THE STIGMA, DISCRIMINATION, AND BULLYING?

1 EDUCATE YOURSELF

- Learn about sexual and gender diversity
- Challenge the "norm"

2 BE A POSITIVE EXAMPLE FOR THOSE AROUND YOU



- Don't laugh at jokes on making fun of a person's sexual orientation, gender identity or gender expressions
- Use gender inclusive language and don't assume someone's sexual orientation or gender identity

3 BE SUPPORTIVE AND RESPOND IN A POSITIVE WAY

- Sexual and gender identity is not a lifestyle choice. Imposing things or saying things like, "Only males and females are accepted in heaven," does not help
- Be respectful, open, and non-judgemental

4 TAKE ACTION

- If you see someone being bullied or discriminated because of their sexual and gender identity, take action because after all, we are all human with fair rights

5 GET SUPPORT

- Be supportive towards their development and never let them be left alone

6 GET INVOLVED AND BE AN ALLY

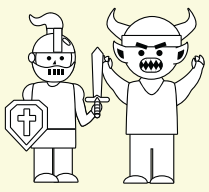
- Advocate for the human and civil rights for everyone
- Be a person who promotes or supports the human, civil and sexual rights of sexual and gender minority.

PROPONENTS (BSCS-1AB):
CASIMSIMAN, JERALD C.
NACARIO, CHRISTIAN C.
LIMIN, MHARI ALLEN E.

DUTERTE'S TROLL ARMIES DROWN OUT COVID-19 DISSENT IN THE PHILIPPINES

Source: https://www.rappler.com/technology/features/philippine-troll-armies-coda-story

What are troll armies?



"Troll armies" are basically a bunch of people that are paid, or bots that are programmed to post misleading or false information through different social media platforms in order to cause confusion among the masses. Another role that they have is to lead people away from talking about specific topics that could be detrimental to them by drowning out the posts with their own, and usually succeed considering the scale of some of these armies.

How do troll armies attack?

Usually attacks of troll armies on large scales are organized although the name of the organizer is usually concealed in order to get away safely, however, in 2019 a person was finally identified as one behind such an attack. Nic Gabunda, a former CEO of Omnicom Media Group Philippines was linked to be the organizer of over 200 pages that were removed for "Coordinated inauthentic behavior". He was also the head of current President Rodrigo Duterte's social media team for twoyears back in his 2016 election campaign.

Politicians & Parties

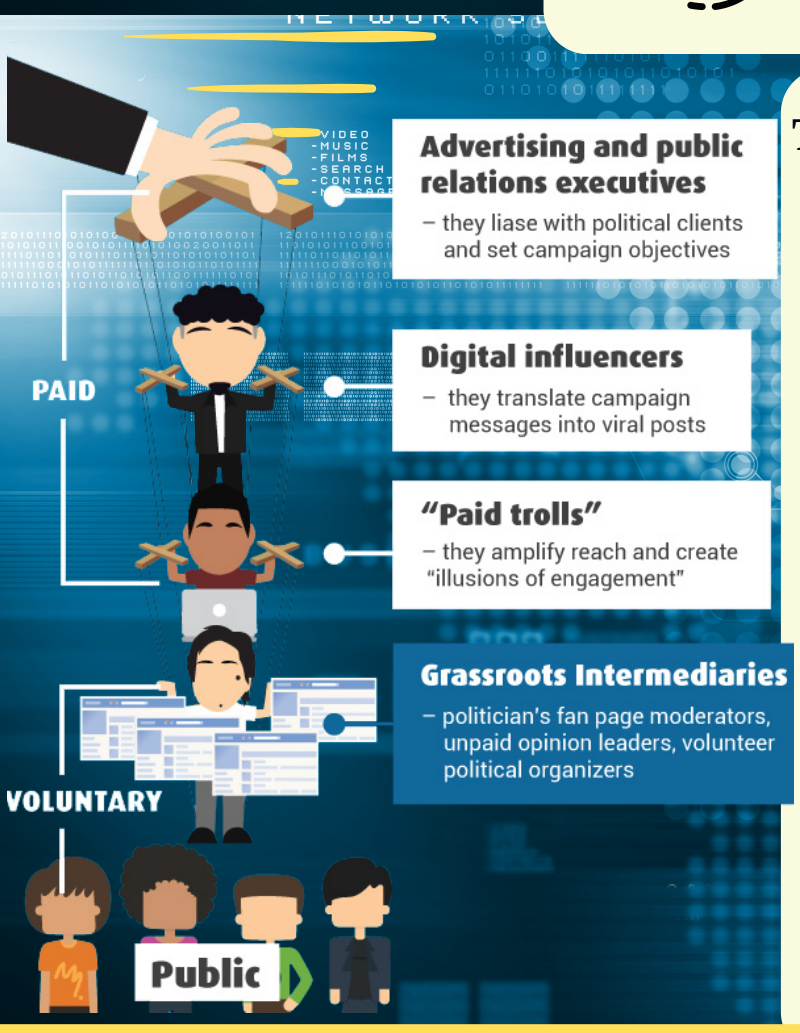
Volunteers

Paid Citizens

Private Contructor

Pres. Duterte's Cyber Troop Organization

FIGURES BEHIND THE SPREAD OF MISINFORMATION IN THE PHILIPPINES



What are their goals?

- To bury any kind of dissent the public may have with what they are paid to defend / have been led to believe what is right.
- To distract the general public from the truth about certain topics by achieving the first goal.

The Power of Social Media

- Social media has always been a thing ever since its inception at 1997, but has only gained more traction and popularity as the world advances socially and technologically. It has been especially evident during the pandemic / outbreak that started early last year. In which people have managed to keep their selves in check simply by reaching out to their friends and family from far away through the use of social media. Though it can be also used for nefarious purposes. People in Troll armies or people with naturally bad intentions can used social media in the blocking of proper and correct information flow, the "cancelling" of certain popular figures that have good intentions but are brought down with misinformation.

Table 3: Organizational budget, behavior and capacity

Country	Year of earliest report	Budget information (USD)	Organizational behavior	Staff capacity	Capacity building
Philippines	2016	200,000	Liminal membership, but some coordination across teams	400-500	..

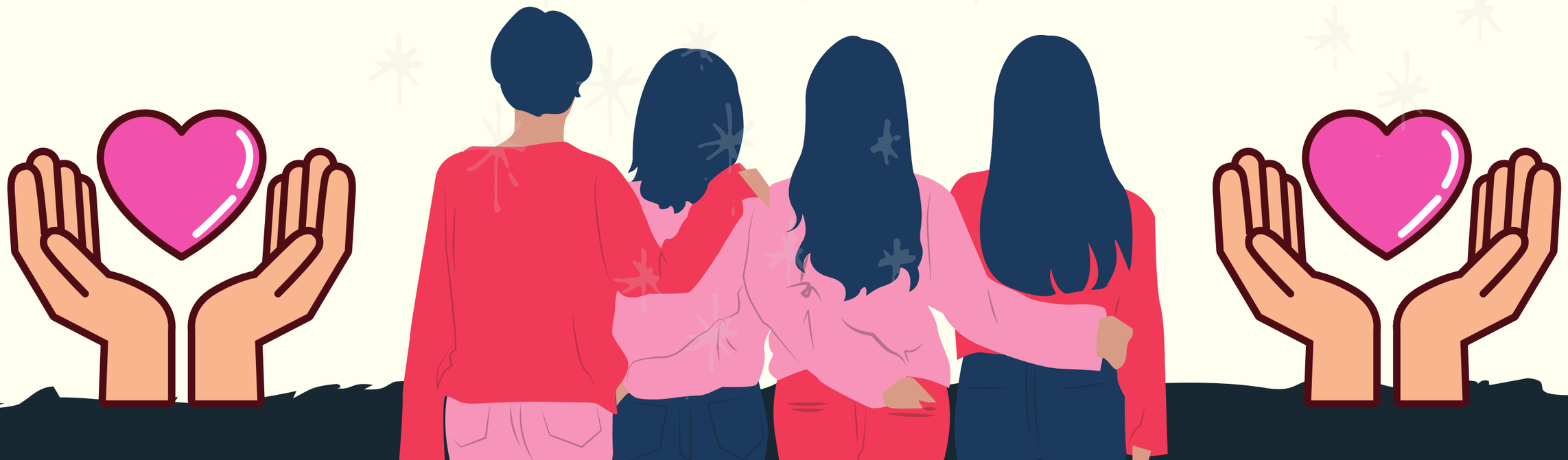
2019 FACEBOOK FAKE ACCOUNT STATISTICS

Synthesis:

- The current Government lead by President Rodrigo Duterte has opted to silence dissent of the general public by weaponizing social media and? allowing their online armies of trolls to spread misinformation and deflect any kind of negative comments from the public about their poor handling of the country, especially in these hard times of the pandemic, to which they deny and insist that they are actual Duterte Supporters. Though this is not their only way to silence dissent, an Anti-terrorism bill has been signed which could give the president or the government itself that could target the disagreeing comments of people rather than actual terrorism. Despite this, there have been people that have tried to pushback or fight against the disinformation by the Government and its army of trolls, such as Jecon Dreisbachm who has uncovered fake news like the alleged 80% Filipino Satisfaction on the Government's response to Covid-19, which was found to be conducted by a fake polling company that was based in Bulgaria.

I live with a
loving heart,
faith and courage
knowing
that whatever
challenges life
may bring, I will
be okay because...

I AM RESILIENT



ENVIRONMENTAL AWARENESS EFFECTS

Fully realize the scale of harm

Healthier Lives

Protects the Ecosystem

Protects the Humanity

Sustainable Development

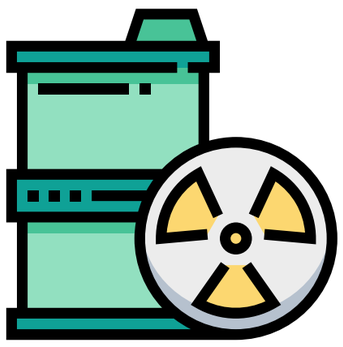
NO ENVIRONMENTAL AWARENESS EFFECTS

Air Pollution

Food Scarcity

Loss of Biodiversity

Scarcity of Water



Solid, Hazardous Wastes

LIFE TIP:

“THE OLDER YOU GET, THE MORE YOU REALIZE THAT IT ISN’T ABOUT MATERIAL THINGS, PRIDE OR EGO. IT’S ABOUT OUR HEARTS AND WHO THEY BEAT FOR.”

BEYOUTIFUL

THINK BEFORE YOU CLICK