



Saint Louis University

Caring for the self and calming the mind

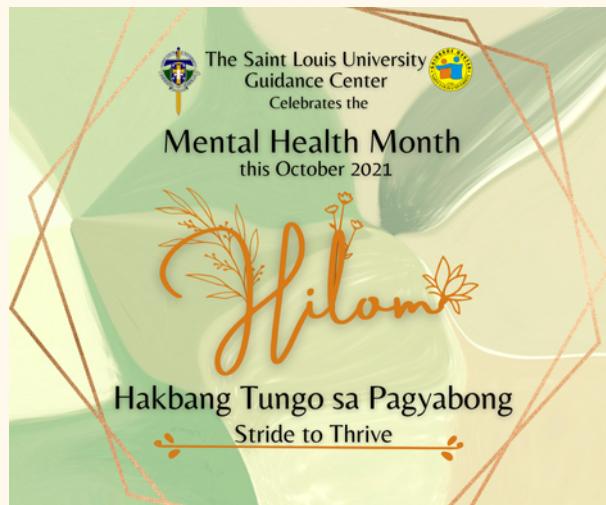


3 GOOD HEALTH
AND WELL-BEING



Saint Louis University

Mental Health Support



Saint Louis University promotes the overall well-being of its students, employees, and community by recognizing their universal right to positive mental health. SLU, through its various units, has become a stronghold for eudemonia through the implementation of various programs and services aimed at addressing and informing employees and students about how to manage experienced mental health concerns.

SLU recognizes the importance of easily accessible mental health support for all of its employees and stakeholders, and it seeks to deepen individuals' understanding of how to sustain and develop positive overall emotional, psychological, and social well-being through positive coping strategies, which may lead to a healthier work-life balance for both employees and students.

SLU's Day of Pause

(A breather for employees of SLU)

Published in the Saint Louis University Official Website
at URL: [Day of Pause](#)

Saint Louis University Celebrates Self-Care at Annual Day of Pause

On April 30, 2024, Saint Louis University (SLU) held its annual Day of Pause at the Prince Bernhard Gym, honoring the invaluable contributions and dedication of its teaching staff. The event served as a vital reminder of the importance of self-care and mental well-being in an increasingly demanding world.

In her opening remarks, Atty. Merced emphasized the need to prioritize moments of tranquility amidst life's chaos. "In an increasingly fragmented world filled with incessant noise and ceaseless demands, it is imperative that we carve out moments of respite," she stated. "Let today be a perfect venue to pause, breathe, and prioritize self-care."

The keynote address was delivered by Mx. Riyan Portuguez, MP, RPm, PRsy, popularly known as Your Millennial Psychologist. Her talk, titled "UNPLUG: Huwag Kang Bibitaw," focused on the indicators of stress, the mental health spectrum, and the true essence of self-care. Mx. Portuguez highlighted that self-care goes beyond mere indulgence; it requires confronting one's thoughts and emotions.

"Self-care is not always about indulgence. It is about confronting our thoughts. It is different from self-soothing," Mx. Portuguez explained, encouraging attendees to engage in self-reflection.

The session included a breathing exercise that fostered a sense of community, prompting attendees to share insights and sensitivities with one another. Mx.

Portuguez introduced the concept of "kapwa," emphasizing empathy as a cornerstone of self-care. Following the talk, a vibrant question-and-answer session allowed attendees to engage in meaningful discussions with Mx. Portuguez.

Ms. Geraldine B. Sanil, HRD Director, provided closing remarks, defining the Day of Pause as a necessary break from routine. "This time gives a fresh understanding and an opportunity to listen to ourselves as employees of SLU," she noted. Ms. Sanil expressed hope that the day would inspire employees to return to their workplaces with renewed energy and insight.

The Day of Pause served as an essential reminder to disconnect from digital distractions and reconnect with oneself and others. By fostering mental, emotional, and physical well-being, the event promoted a sense of balance and harmony in life.

The Day of Pause was held on April 19 and April 30 for administrative and academic staff, respectively. The initiative was spearheaded by SLU's Office of the Vice President for Administration, in collaboration with the Human Resource Department, Center for Counseling and Wellness (CCW), and Talged Center. This event aligns with the United Nations Sustainable Development Goals 3 (Good Health and Well-Being) and 8 (Decent Work and Economic Growth).

As SLU continues to prioritize the well-being of its community, the Day of Pause stands as a testament to the university's commitment to fostering a healthier, more supportive workplace.

SLU's Day of Pause (A breather for employees of SLU)

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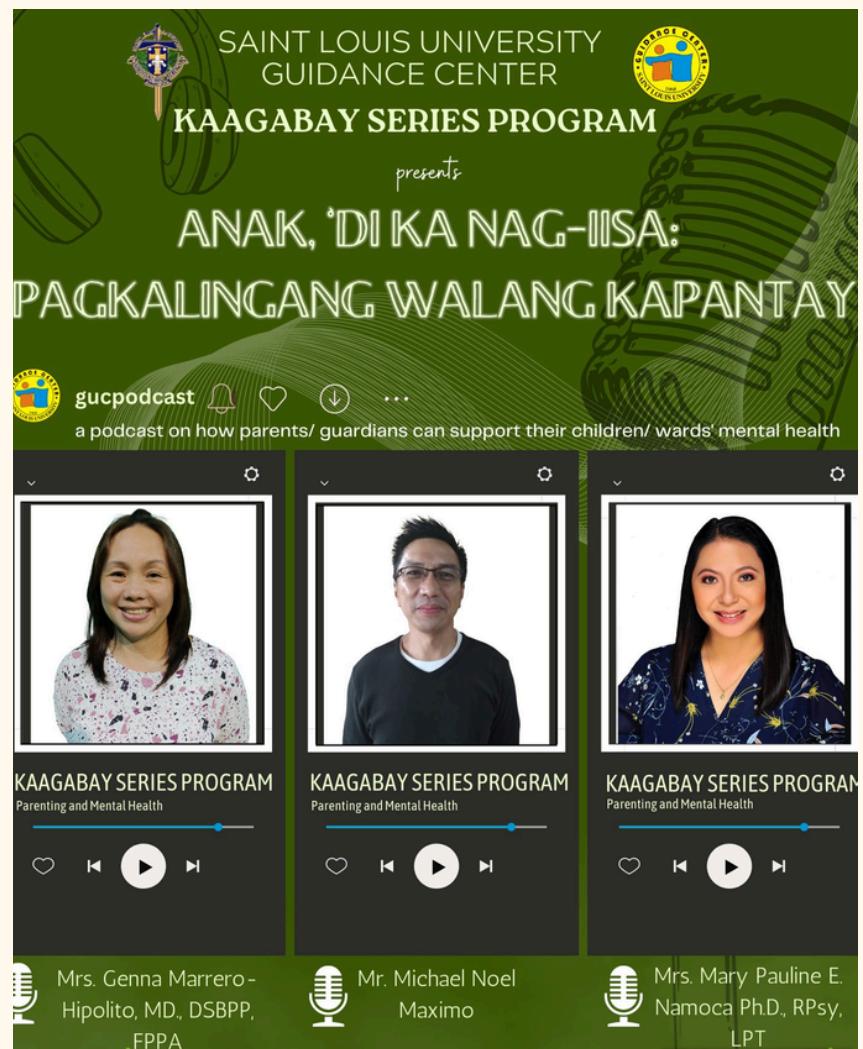
KAAGABAY SERIES PROGRAMS (Podcasts Fostering Mental Health in the Family and Enhancing Parent-Teen Communication)

In a dedicated effort to support parents and guardians in nurturing their children's mental health and well-being, the Center for Counseling and Wellness at Saint Louis University (SLU) has unveiled the podcast series "Anak, 'Di Ka Nag-iisa: Pagkalingang Walang Kapantay." Initially running from May 24 to July 31, 2023, the series has been extended until August 31, 2023, to allow more families to benefit from its insights.

The podcast, part of the Center's Kaagabay Series Program, aims to equip parents with the tools necessary to help their children maximize their university experience. Amidst the rapid changes and challenges that students face, the series addresses the crucial question: how can we convey unwavering support and care?

The "Anak, 'Di Ka Nag-iisa" podcast features esteemed speakers including Mrs. Genna Marrero-Hipolito, MD, DSBPP, FPPA, Mr. Michael Noel Maximo, and Mrs. Mary Pauline E. Namoca, Ph.D., RPsy, LPT. Their heartfelt discussions explore effective parenting strategies and the importance of addressing mental health concerns among students.

Listeners can access this meaningful exchange through the following link: [Podcast Access](#) until the end of August.



Mental Health and Psychosocial Support

Published in: **SLU Center for Counselling and Wellness**
at URL:

<https://www.facebook.com/slucenterforcounselingandwellness/posts/pfbid02t3oGogHM8T6YUomdwhNPgBvE1VWggqvE91wGZrrtHmmfS4pDBroezNFZBsr5AZ93l>

**This October 10, 2023,
let's unite in support
of Mental Health
Month by wearing our
most vibrant blue
outfits! Join us in
advocating mental
health wellness!
#MentalHealthMonth
#WearBlue**



The Center for Counseling and Wellness is one with the world in celebrating the Mental Health Month This October. Join us in advocating intentionality in taking care of our mental health through our wellness activities.

Counseling and Referral Program and Services

Published in: **SLU Center for Counselling and Wellness FB**
at URL: <https://www.facebook.com/slucenterforcounselingandwellness>

Signpost on **SLU Center for Counseling and Wellness Programs and Services**

at URL:

<https://www.facebook.com/slucenterforcounselingandwellness/posts/pfbid02gUvNEgwpA2H6AhWnFQgiEbP5bnmrd84J7yYQuVpMw6SmGj1K2rZYDHwZJjXh8zCel>



Signpost on **Updated Mental Health Hotlines** at URL:

<https://www.facebook.com/slucenterforcounselingandwellness/posts/pfbid02gUvNEgwpA2H6AhWnFQgiEbP5bnmrd84J7yYQuVpMw6SmGj1K2rZYDHwZJjXh8zCel>

BAGUIO CITY HEALTH SERVICES OFFICE HELPLINES (0919) 069 6361 Mental Health and Wellness Unit (0985) 251 5968 Bonjing e-Inquiry (0905) 555 1911 Baguio City Emergency Medical Service (0938) 757 6458 Department of Health-CAR Mental Health Unit	National Center of Mental Health 24 Hours hotline (0917) 899 8727 (0966) 351 4518 (0908) 639 2672 (0917) 517 2083 (0943) 708 4672 Philippine Mental Health Association Cordillera Chapter, Inc. Helplines	Hotline PH 09175584673 (Globe) 0918-873-4673 (Smart) 8804-4673 (PLDT) 2919 (toll-free for Globe and TM)
HOSPITAL HELPLINES (074) 661 7910 Baguio General Hospital Operation Center Psychiatry Department (074) 442 2365 Benguet General Hospital Psychiatry Unit	ONLINE PLATFORMS Health Services Office Baguio Reproductive Health and Wellness Unit Baguio HSO Mental Health and Wellness Unit Online Doc NayDarna MD https://www.facebook.com/NayDaRnAOOnlineMD DepEd Pines https://depedpines.com/teleconsultation-with-our-medical-doctors/	In Touch: Crisis Line (02) 893-7603 (Landline) 0919-056-0709 (Smart) 0917-800-1123 (Globe) 0922-893-8944 (Smart)

Asking and accepting help is its own kind of strength.



Saint Louis University's Guidance Counselors and School Psychologists are always ready to help students gain a better understanding of themselves and their situation, make informed choices, and develop a guided plan of action whether it face-to-face or online session. Moreover, referrals from students, faculty and other members of the community of a friend or a fellow student to the Guidance Center is also accommodate for students who have concerning behaviors (e.g. social / interpersonal difficulties, dwindling interest, aggressive/hostile behaviors, etc.)

Testing Programs that Enhance Well-Being of Students

Published in: **SLU Center for Counselling and Wellness FB**
at URL: <https://www.facebook.com/sluguidancecenter>

Online Personality Test Program Enhances Student Well-Being

On 04 March 2024, the SLU Center for Counselling and Wellness launched a comprehensive Online Personality Test and Interpretation program tailored for all year levels. For first-year students, it will focus on study habits and coping mechanisms to navigate college life. Second-year students will explore their psychological well-being, emphasizing positive emotions and relationships. Third-year students will assess their ability to maintain focus and perseverance in long-term goals. Fourth and fifth-year students, along with postgraduates, will analyze their personalities through the Big Five Model.

All students will also participate in an emotional state assessment. Participation in the tests and interpretation videos is mandatory, with e-certificates awarded upon completion. Further details and benefits were disseminated to their institutional emails. This initiative aims to foster self-awareness, personal growth, and mental health in the academic environment. Students are encouraged to engage actively in this valuable self-discovery process.

ONLINE PERSONALITY TEST AND INTERPRETATION OF RESULTS

1st and 2nd Year students who have not taken their Online Personality Tests are given from **MARCH 04 to MAY 05, 2024** to accomplish the tests and view the interpretation videos



TAKING the Online Personality Tests and VIEWING the interpretation videos are REQUIRED for 1st and 2nd Year Students. Certificates will be given after accomplishing the requirements.

For inquiries or concerns, contact us through:
ptu@slu.edu.ph
SLU Psychological Testing Unit

ONLINE PERSONALITY TEST AND INTERPRETATION OF RESULTS

3RD TO 5TH YEAR AND POSTGRADUATE STUDENTS
MARCH 04 TO MAY 05, 2024

THIRD YEARS The purpose of the test is to gain insight about: <ul style="list-style-type: none">The extent to which you are able to maintain focus and interest, and persevere in obtaining long-term goals	4TH, 5TH YEAR AND POSTGRADUATE STUDENTS The purpose of the test is to gain insight about: <ul style="list-style-type: none">Personality according to the Big Five Model: Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism
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All year levels will also take a Personality Test that can give insights in their emotional states.

TAKING the Online Personality Tests and VIEWING the interpretation videos are REQUIRED for 3rd to 4th Years while it is invitational for 5th Years and Postgraduates. Certificates will be given after accomplishing the requirements.

ptu@slu.edu.ph
SLU Psychological Testing Unit

INSTRUCTIONS WILL BE SENT TO YOUR SCHOOL EMAIL ON MARCH 04, 2024

Different personality tests are available for different year levels during the First and Second semesters of every Academic Year. The test results are interpreted and explained to students in order to help them better understand themselves.

Growth Sessions and Activities Fostering Mental Health Awareness

Published in: **SLU Center for Counselling and Wellness FB**
at URL: <https://www.facebook.com/slucounselingandwellness>



GROWTH SESSION 1 (OCTOBER 16, 2023): SOUND MEDITATION with Ms. Maicah Hipolito

Sound Meditation, also known as sound healing or sound therapy, is a practice that uses various sounds and vibrations to promote relaxation, reduce stress, and enhance overall well-being. Experience enhanced mental clarity, creativity, focus, and balancing your emotions through this session.



GROWTH SESSION 2 (OCTOBER 17, 2023) EXPRESSIVE ART with Ms. Angelica C. Rosalin.

Expressive art, which includes various forms of creative expression such as painting, drawing, and more offers a wide range of benefits such as emotional release, stress reduction, self-discovery, Improved communication, empowerment and control.



The SLU Center for Counselling and Wellness celebrated the 2023 Mental Health Month with resounding success by engaging community members in exploring pathways to mental wellness. Under the theme "Nurturing Our Path to Mental Health Wellness," the event featured growth sessions, including sound meditation, expressive art, and distress tolerance skills workshops. Participants also enjoyed Kwentuhan Sessions, fostering connections through shared storytelling. Feedback highlighted the value of self-expression and community support in mental health advocacy. Overall, the initiative has inspired ongoing conversations around mental wellness and future activities.

Project Sequoia (Training and Mentoring Program)

Published in: **SLU Center for Counselling and Wellness**
Facebook Page
at URL: [Project Sequoia](#)



“ I found a home in Project Sequoia. Over the years I've been with PS, I have grown to be more understanding and more open, and I have fallen more in love with helping people who are battling the unseen enemy, which is the stigma of mental health. PS gave me an avenue to fulfill my purpose. I stepped out of my comfort zone when I first joined PS.

By doing so, I learned I still have a bigger space to fill with new learnings and experiences and more people to meet and to listen to their stories. The anxiety and fears I felt before joining were eased by the family I have in PS. My mentors and peers have heard and seen me for who I am and accepted me as I am. I never felt alone in Project Sequoia because I knew they had my back. I will always hold PS close to my heart. ”

JANINE MALONES
PS Leader, Grove Asteroidae



Project Sequoia (PS) aims to build and sustain a thriving emotional support community through our monthly or bi-monthly virtual or face-to-face kwentuhan sessions. These sessions are facilitated by trained Peer Facilitators also referred to as PS Leaders.

WHAT IS THE PS TRAINING AND MENTORING PROGRAM?

A training and mentorship program for willing student volunteers who will be equipped and trained to facilitate virtual or face to face kwentuhan session for students.

Facilitators of the Project strongly believe in the importance of facing challenges together, recognizing the need for genuine connections. We are focusing all our efforts into advocating and supporting the mental health of our peers while finding strength in our faith and reminding ourselves of our vow to serve.