

BLR Employees Grow Plants as Part of its Wellness Program

The Coronavirus disease (COVID-19) outbreak and the necessary public health measures to contain its spread are creating stress to employees including the government sector.

It is important to acknowledge these feelings and the disruptions caused by COVID-19 to the personal and working lives of the people. With this, engaging in a wellness activity can help in the emotional well-being of employees to improve and maintain their mental health in uncertain times.



On 20 February 2021, the Bureau of Labor Relations started to grow plants as part of its wellness program. Plants have a positive effect on the mental and physical wellness of a person. It helps the employees to relax and reduce their stress levels.

Being immersed in nature can improve mood and feelings of a well-being. Audrey Hepburn once said: “To plant a garden is to believe in tomorrow”. We plant seeds and plants in the hope that they will thrive and we will enjoy their full potential at a later time. We envision something wonderful coming from our efforts.

It is important to emphasize that in this challenging time, self-care and resilience are important to manage stress at the workplace.

END. (Kim Margarete B. Martinez)