

## BLR Conducts a Mental Health Activity for its Employees

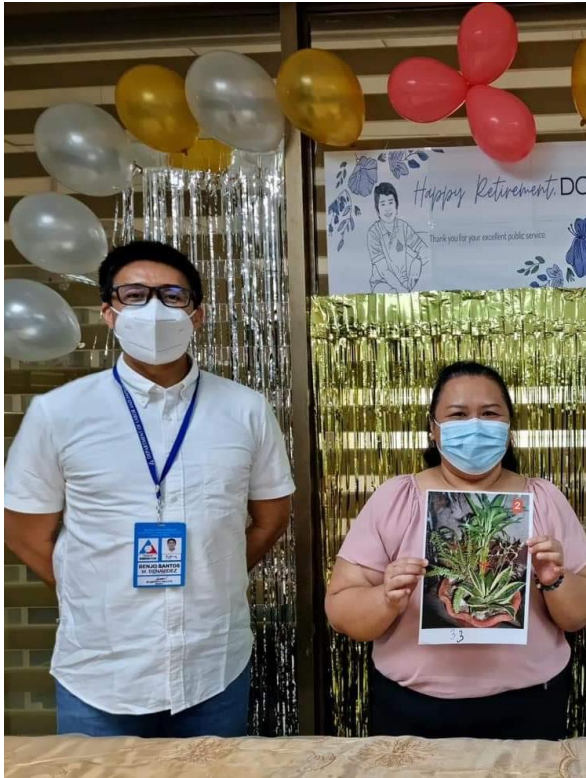
The Coronavirus disease (COVID-19) outbreak and the necessary public health measures to contain its spread are creating stress to employees including the government sector. It is necessary to acknowledge the emotions and



disruptions caused by COVID-19 to the personal and working lives of the people. With this, engaging in a Mental Health Activity can help in the emotional well-being of employees to improve and maintain the state of their mental health in uncertain times.

On 20 February 2021, each employees from the Bureau of Labor Relations started to grow and garden their own plants. This activity aimed at lifting the mood and soothing the souls of the employees, making even the most stressed-out person more balanced and healthy. Plants also have a positive effect on the mental and physical wellness of a person. It helps the employees to relax and reduce their stress levels.

The Plantita's Awarding Ceremony was held on 30 June 2021 to award the top three employees with the best plant that bloomed well given the proper care and treatment.



Director Maria Consuelo Bacay, accompanied by Undersecretary Benjo Santos Benavidez, awarded 1st place to Ms. Rhodora Lirio. On another hand, Atty. Abigail dela Rosa and Ms. Ma. Lourdes Villafranca received the 2nd and 3rd place, respectively.

It is noteworthy to emphasize that this kind of activity is necessary to cope with the stress caused by this challenging time.

**END. (Kim Margarete B. Martinez)**