

effective facilitating skills, which is great help to all the employees of the Pangasinan State University.

Lastly, a discussion on Educator's Well-Being Challenges and Solutions was given by Dr. Linda A. Landicho a Clinical-Psychologist in LPU Batangas. Dr. Landicho started by stating "itong trabaho natin as educators or teachers is really valuable, very rewarding, but admit it, it's physically and emotionally draining", which has a strong point especially in this time of pandemic.

Dr. Landicho also assisted on identifying what anxiety disorder and insomnia is. Most of the individuals may experience symptoms and insisting that they're just tired, little do they know that those are indications of a more serious matter.



"The mind and the body are not separate what affects one, affects the other", Dr. Landicho emphasized. She also introduced the ABC Concept, which pertains to Activating event, Belief, and Consequence. That the consequence of every present situation depends on the belief or mindset of the individual.

Ending the talk with an amazing quote from Dr. Landicho, "Everyone is fighting a battle you know nothing". Therefore, in every situation, every individual must be sensitive and gentle in communicating with each other.

After those inspiring speeches from our notable speakers, the Chief Administrative Officer Dr. Ian D. Evangelista made his closing remarks, whereby he pointed out that those topics given were the top feedbacks from the survey conducted by the HRMDO among the PSU employees.

It was indeed a great, effective, and informative webinar which shows an interactive communication among the participants.

Therefore, as a PQA Level 3 Mastery in Quality Management, the Pangasinan State University will continue on empowering the workforce to provide quality education in molding excellent professionals in the future.

Understand and Be Safe



As part of the HRMDO's Health and Wellness Webinar Series entitled: **Getting Healthier as We Move Forward Together**, the first part of the series entitled: **Safe University For All: Understanding Emotional and Sexual Abuse** commenced on **April 4, 2022** and was conducted via zoom.



Gracing as esteemed resource speakers are **Dr. Camille Garcia**, Clinical Psychologist and CEO of Clinic of Holy Spirit; and **Dr. Margarita Go-Singco Holmes**, Psychologist and Sex Therapy Expert. Dr. Garcia talked about emotional abuse and the appropriate actions to deal with it. While Dr. Holmes expounded about sexual abuse and the proper means of addressing the issue.

The said webinar that aims to enlighten participants about emotional and sexual abuse was actively participated by teaching and non-teaching personnel from across the different campuses of the university.



Learning How to Get Healthier and Better, Together

As part of the **HRMDO's Health and Wellness Webinar Series 2-7 entitled: Getting Healthier as We Move Forward Together**, the last part of the said series commenced on **November 11, 2022** and was attended by all PSUians, both teaching and non-teaching personnel via Zoom.



as resource speakers are medical officers from the UP-Philippine General Hospital namely: Dr. Ephraim P. Leynes, Dr. Juan Paulo P. Pulanco, and Dr. Janessa S. Chua. A panel discussion moderated by Dr. Ian Jonathan N. Tiotangco, also of UP-PGH, was also conducted to accommodate and answer health related inquiries of the PSU community.

The said webinar series was divided into two sessions - morning and afternoon sessions. The morning session focused on holistic health where topics such as "Female and Male Common Diseases", "Misconceptions: Ailments and Rarely Talked About Illnesses", and "Work-related Health Hazards" were tackled. For these, gracing

