



Republika ng Pilipinas  
**Kagawaran ng Edukasyon**  
Tanggapan ng Pangalawang Kalihim

**DepEd Task Force COVID-19**  
**MEMORANDUM NO. 78**  
**31 July 2020**

For: **Undersecretaries**  
**Assistant Secretaries**  
**Regional Directors and BARMM Education Minister**  
**Bureau and Service Directors**  
**Assistant Regional Directors**  
**Schools Division Superintendents**  
**Assistant Schools Division Superintendents**  
**Central Office Division Chiefs**  
**Regional CLMD, ESSD and Administrative Division Chiefs**  
**Division CID and SGOD Chiefs**

Subject: **INVITATION TO THE FOURTH AND LAST GROUP SESSION OF KAGINHAWAAN OF TOP LEADERS OF THE DEPARTMENT OF EDUCATION**

In cognizance of the extra-ordinary burden to top decision-makers amidst the uncertainties surrounding the COVID-19 pandemic, DepEd launched the series of psychosocial support activities for the members of the Management Committee (ManCom) titled **Towards Psychosocial Well-being and Mental Health: Kaginhawaan of Top Leaders at the DepEd.**

The first session held on May 6, 2020 focused on understanding the different dimensions of psychosocial well-being and mental health. It further discussed the different psychosocial reactions, recognition of red flags of psychosocial stress, *kaginhawaan* in relation to the core essentials of leadership, and Zen meditation. The second session held on May 13, 20, and 27, 2020 discussed how to achieve *kaginhawaan* in our daily life. This webinar-workshop focused on the practice of self-care techniques, application of arts-based coping strategies, mindfulness meditation, and silencing the body and mind in harmony with the breath through Zen meditation. Meanwhile, the third session on “*Mental Health Condition as Social Phenomena: Psychosocial Stress in Leadership*” held on July 1 and 8, 2020 covered different self-assessment tools (e.g., burn-out, psychological problem, social problem, coping mechanism checklist), resiliency, and recovery.

Through the guidance and facilitation of University of the Philippines Professor Emeritus in Psychiatry and former World Association for Psychosocial Rehabilitation



**Office of the Undersecretary for Administration (OUA)**

[Administrative Service (AS), Information and Communications Technology Service (ICTS), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers' Camp (BTC), Central Security & Safety Office (CSSO)]

Department of Education, Central Office, Meralco Avenue, Pasig City  
Rm 519, Mabini Bldg; Mobile: +639260320762; Tel: +63286337203, +63286376207  
Email: usec.admin@deped.gov.ph; Facebook/Twitter @depedtago



Scan this QR Code to view  
Videos and Magazines  
of Major Programs



(WAPR) President Dr. Lourdes Ladrido-Ignacio, the webinar series is now on its **fourth and last group session** on **August 5, 2020, 9:00 – 11:00 AM** titled **“Isolated but Not Alone: Hindi ka Nag-iisa”** which shall include a **twenty-minute inspirational message from Secretary Leonor Magtolis Briones**. This message shall highlight the psychosocial experiences of Secretary Briones amidst the COVID-19 pandemic especially the challenges she encountered in being COVID-19 positive and leading the Department of Education towards the new normal.

In light of this, each **region and division** are given **four slots** which may be filled by **leaders up to the Chief Administrative Officers or Chief Education Program Supervisors level**. Management Committee Members who missed their session may also register. Central Office Division Chiefs may also attend. Attached is the program for your reference.

All participants shall **register at** <https://tinyurl.com/KaginhawaanS4> on or before **4 August 2020**. To practice digital security, a DepEd e-mail is required to open the registration form. The meeting room link will be sent to the e-mail of those who registered on 5 August 2020, 8:00 A.M.

Those who were not able to attend any of the three previous sessions are requested to access the recording and presentations at <http://deped.in/KaginhawaanResources> to prepare for the upcoming session.

For more information or clarification, kindly contact Ms. Francesca Louise T. Guzman at mobile number at 0916-772-1810 or thru email at [francesca.guzman@deped.gov.ph](mailto:francesca.guzman@deped.gov.ph).

Thank you.

  


**ALAIN DEL B. PASCUA**  
Undersecretary  
Chairperson, DepEd Task Force COVID-19



OUAD00-0820-000 2  
To authenticate this document,  
please scan the QR Code

