



OGS Leads Mental Health, Wellness Session
by Anika Valencia and Keizha Nunez

The Office of the Guidance Services conducted its Mental Health and Wellness Session Seminar for the Junior and Senior High School Departments, centering the theme *'Stepping Up for Self-Care: Little Habits, Big Impacts'* to raise awareness on mental health and wellness among students on October 20 at the Edgar V. Bondoc Gymnasium.

The seminar consisted of two sessions revolving around improving the habits and routines of students while learning to balance their mental state and deal with problems alongside other priorities.

During his opening remarks, the school principal **Dr. Alexander S. Acosta** highlighted the crucial role of prioritizing mental health and underscored the value of attentive listening. He stated,

“Mental health is not just about talking; it is to unite your minds, your heart, and your soul while listening.”

The Co-Founder of Ignite Coaching Academy, Health and Wellness Coach Entrepreneur, **RJ O’Sullivan**, led the first session themed ‘Unstoppable.’ He explored various methods for students to enhance their personal growth and strengthen their mental resilience, aiming to vitalize self-empowerment.

Further, he shared his ideas on addressing challenges and elevating personal standards, highlighting the importance of positive reinforcement and self-focus in enhancing one's mental well-being. He also delved on themes such as responsibility, individuality, developing a positive mentality, while offering insights on how to achieve one's peak state for personal growth. He shared,

“Whatever you're committed to do, you do it despite what you're feeling.”

In the second session, ‘Finding Strength: Positive Ways to Take Care of Your Mental Health,’ the Elementary Guidance Counselor, **Dr. NJ Palarisan**, discussed significant everyday stressors as well as positive practices for managing daily challenges and negative emotions.

Moreover, he stressed that positive affirmations could help in the recovery from overwhelming emotions and can alleviate symptoms of depression and anxiety. He urged,

“To the love in you, do not be afraid to heal.”

The OGS Mental Health and Wellness Session seminar was held with the goal of educating students about the significance of developing productive and healthy habits for their well-being