

PR-AAV-045-2019

Manama, Bahrain – On 22 November 2019, the Embassy of the Republic of the Philippines in the Kingdom of Bahrain conducted a Mental Health Awareness Seminar / Workshop for its personnel as part of its Team Building Activity. The Resource Person for the said activity was Ms. Miriam Ann Fuentes-Saboy, a Filipino Registered Psychologist and Psychometrician.



H.E. Alfonso A. Ver delivering his Welcome Remarks



Ms. Miriam Ann Fuentes-Saboy started her lecture on Mental Health Awareness by introducing simple exercises to keep the participants awake

Ms. Fuentes-Saboy presented figures on the rising incidents of mental health disorders, particularly depression in the Philippines. In Bahrain, there are also reported cases of suicide, which could have been caused by depression. Ms. Fuentes-Saboy emphasized the importance of resilience, a trait which is common to most Filipinos, in overcoming depression. One should also recognize his or her strengths, as well as constantly surrounding oneself with people with positive outlook in life.



Embassy personnel, headed by H.E. Alfonso A. Ver (seated 4th from the right) with Ms. Miriam Ann Fuentes-Saboy (seated 5th from the right).

Exercise, proper nutrition, right amount of sunshine, drinking the recommended glasses of water a day, proper posture in standing up and sitting down especially in the work place, support system, rest, relaxation and recreation are some of the important factors affecting mental health.END

TEAM BUILDING PHOTOS



The Brown Team, headed by Consul Bryan Jess T. Baguio, was declared champion of the Embassy's Inter-Office Bowling Tournament held on 24 October 2019 as part of Post's Annual TeamBuilding Activity.



Ms. Miriam Ann Fuentes-Saboy discussing the factors affecting mental health



Ms. Miriam Ann Fuentes-Saboy demonstrating simple exercises for relaxation and staying awake



Post-seminar photo-opportunity of Embassy personnel.