



QUAD00-0420-0001  
To authenticate this document,  
please scan the QR Code



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

**DepEd Task Force COVID-19**  
**MEMORANDUM No. 027**  
31 March 2020

For: **Regional Directors and BARMM Education Minister**  
**Schools Division Superintendents**  
**Public Schools District Supervisors**  
**Regional and Division DRRM Coordinators**  
**Regional and Division IT Officers**  
**School Heads**  
**All Others Concerned**

Subject: **FOSTERING WELLNESS, SOLIDARITY, AND SERVICE AMIDST COVID-19**

The Coronavirus Disease 2019 (COVID-2019) outbreak is causing fear and anxiety to learners and personnel that disrupts their normal daily functioning. With this, the Disaster Risk Reduction and Management Service (DRRMS) intends to provide Mental Health and Psychosocial Support Services (MHPSS) through Fostering Wellness, Solidarity and Service to promote well-being of learners and personnel in this time of crisis.

DRRMS will provide daily prayers, breathing, meditation and grounding exercises, and art-based activities that promote adaptive coping and can be done at home. DRRMS also prepared a repository of such activities which can be accessed at [deped.gov.ph/covid-19](http://deped.gov.ph/covid-19). Attached is the sample of daily activities. The office will utilize various social media platforms to disseminate the MHPSS materials to ensure wider distribution. We hope that you can cascade the daily activities to your colleagues.

Together, let's guard our physical defenses and strengthen our mental health amidst the crisis.

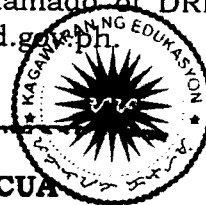
For more information or suggestions, please contact Joan Llamado of DRRMS through mobile number 0977 277 5126 or email address [drmo@deped.gov.ph](mailto:drmo@deped.gov.ph).

Thank you in anticipation for your active participation.

**ALAIN DELA PASCUA**

Undersecretary

Chairperson, DepEd Task Force COVID-19  
Member, IATF-MEID



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



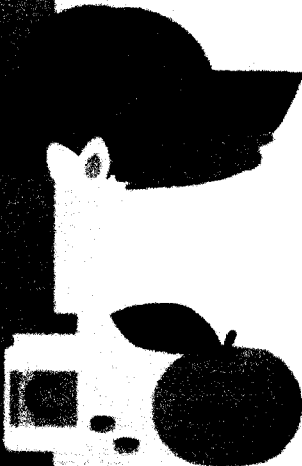
**Office of the Undersecretary for Administration (OUA)**

*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](mailto:usec.admin@deped.gov.ph); Facebook/Twitter @depedayo

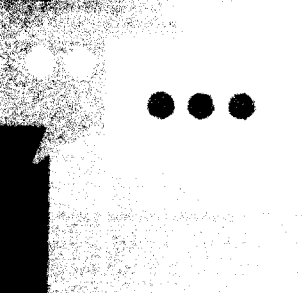


# Fostering Wellness, Solidarity, and Service Amidst COVID-19




Maintain good health and boost your resistance by eating nutritious food, drinking water, getting enough sleep, and exercising regularly.

Take at least 500 mg of Vitamin C, 3x a day. Vitamin C is one of the best anti-oxidant and immune boosters.



Check in on relatives, friends or neighbors, especially elderlies. Text, call, email or chat them, especially if they are living alone.



Devote a time within the day to pray for our front liners and those infected with COVID-19.

## Activity: Doodling

Doodling is scribbles of random and abstract lines to create visual depictions of information. It can improve memory, increase creativity, and help relieve stress.

## Materials:

Paper and writing material of your choice (pencil, pen, marker, crayons, etc.)

## What to doodle:

Your name, nature, funny memories, favorite book, or anything that makes you happy