



# Carlos Hilado Memorial State University CHMSU Messenger

Stay Connected. Get Engaged. Be Animated.

**Carlos Hilado Memorial State University**  
Alijis Campus • Binalbagan Campus • Fortune Towne Campus • Talisay (Main) Campus  
**Themes for the Month of October**

COOPERATIVE MONTH CELEBRATION  
OCTOBER 1-31, 2022  
KooPinas - WAGKAKAISANG LAKAS PADA SA MAKABULUHANG AT SAMA-SAMANG PAG-UNLAD!

INDUSTRY AND COMMERCE SAFETY MONTH  
October 2022

October is Local Government Month

Mental Health Awareness Month

Indigenous Peoples Month

United Nations Month  
The Sustainable Development Goals  
Know your GOALS

chmsu.edu.ph (034) 712 0005

**GREEN CHMSU ExCELSIOR!**

All deans, department chairs, and faculty members are enjoined to initiate and integrate the said themes in course lessons and activities. Office heads are likewise encouraged to help promote the theme in their offices.

## The Week Ahead

Date	Time	Activity/ Event	In-charge	Audience/ Participants	Location/ Venue
Oct 24		United Nations Day	United Nations (Observance)		
Oct 25	1:00 pm	Monthly Faculty Meeting	College of Education	Program Chairs, Faculty	Function Hall, 3 <sup>rd</sup> Floor, Green Building, Talisay (Main) Campus
Oct 25	1:00 pm	Mock Board Examination	College of Engineering	BSCE Graduate Students	Global Learning Café, Ground Floor, Green Building, Talisay (Main) Campus
Oct 25 - 28		Midterm Examination	Deans, Program Chairs, Faculty	Students	All campuses
Oct 26 - 27	8:00 am – 5:00 pm	IP Education Integration to the Curriculum	College of Arts and Sciences	CAS faculty and students	Function Hall, 3 <sup>rd</sup> Floor, Green Building, Talisay (Main) Campus
Oct 27	1:00 pm	Social Science General Meeting	Social Science	Social Science students	Global Learning Café (Dining Hall), Ground Floor, Green Building, Talisay (Main) Campus

## Highlights of the Week

- The Psychological Society held its First Quarterly Assembly on October 13, 2022 at the Multi-purpose Gym, Talisay (Main) Campus. The assembly was conducted to welcome new students, introduce the incoming set of club officers and department faculty, and present the activities proposed for the academic year. The organization's fund utilization was also discussed.
- The Student Society of Physical Education Majors (SSPEM) held its Induction Ceremony and Team Building Activity with the theme "Enriching talents. Fortifying the bond. Now and beyond." On October 14-15, 2022 at the Talisay (Main) Campus Multi-purpose Gym. The newly elected officers for AY 2022-2023 and the organization's Constitution and By-laws were presented. Team building activities were then officiated by SSPEM Adviser Gertrudes Anastacia D. Lopez, EdD, BPED Core faculty

members Ma. Elena Y. Doruelo, EdD and King Abram F. Cabauatan, MAEd, and SSPEM Officers.

- The National Training Service Program (NSTP) of Fortune Towne Campus hosted a seminar on Self Awareness on October 15, 2022 at the Fortune Towne Gym with resource speaker Prof. Diwani F. Duropan. The program also included dance and song performances and video presentations on Maka-Diyos, Maka-tao, and Makalikasan, Makabansa by the students.
- The Office of the Vice President for Research and Extension held the Research, Extension & Intellectual Management Review Meeting on October 17, 2022 at the Function Hall, Green Building, Talisay (Main) Campus. This was conducted for the finalization of the Context of Organization. The meeting was presided by Vice President for Research and Extension Andrew Eusebio S. Tan, PhD and present were RDS Director Leah L. Fernandez, PhD, ECS Director



Roger Ray S. Manzano, PhD, IPMO Director  
Armando R. Reosura, PhD, and coordinators.

✚ The University Student Government - Alijis Campus launched the Neophytes Week on October 17, 2022 at the Alijis Campus covered court. This week-long event was organized to welcome new students and transferees and give them opportunities to engage and know more about what awaits them in CHMSU. The “Zero Plastic Policy” and the “No Trash Bin Policy” on campus was also introduced during the opening. The program activities will go on until October 21, 2022.

✚ In line with the Mental Health Awareness theme for the month, the University Student Government - Alijis Campus, in coordination with the Guidance Office, the Student Missionary Outreach, and the Peer Facilitator Club, held a symposium entitled "Making Mental Health and Well-being for all a Global Priority" with guest speaker Ptr. David Meengs, Director of Biblical Counseling Worldwide (BWC) on October 20, 2022. The symposium took place in the Alijis Campus covered court.

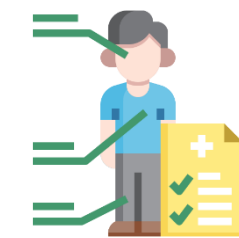


## 6 ways to take care of your mental health and well-being this Mental Health Month

### 1. Talk to someone you trust

Talking to someone you trust – whether a friend, a family member, or a colleague – can help. You may feel better if you are able to openly share what you are going through with someone who cares about you. If you live in an area where face-to-face interactions are limited, you can still

stay connected with your loved ones through a video call, phone call or messaging app.



diet. Make sure to get enough sleep.

### 2. Look after your physical health

Taking care of your physical health helps improve your mental health and well-being. Be active for at least 30 minutes daily, whether that's running, walking, yoga, dancing, cycling, or even gardening. Eat a balanced and healthy

### 3. Do activities that you enjoy

Try to continue doing the activities that you find meaningful and enjoyable, such as cooking for yourself or your loved ones, playing with your pet, walking in the park, reading a book, or watching a film or TV series. Having a regular routine with activities that make you feel happy will help you maintain good mental health.



### 4. Steer away from harmful substances



Don't use harmful substances such as drugs, kava, alcohol or tobacco to cope with what you're feeling. Though these may seem to help you feel better in the short term, they can make you feel worse in the long run. These substances are also dangerous and can put you and those around you at risk of diseases or injuries.

### 5. Take two minutes to focus on the world around you

Help free yourself of constantly swirling thoughts by reconnecting yourself with where you are at this moment in time. Follow along with the video below or simply take three slow deep breaths, feel your feet grounded on the floor and ask yourself:

- What are five things I can see?
- What are four things I can hear?
- What can I smell?
- What does it feel like to touch my knees or a something else I can reach? How does it feel underneath my fingers?



### 6. Seek professional help



If you feel like you cannot cope with the stress that you are facing, seek professional help by calling your local mental health helpline or getting in touch with your counsellor or doctor. Remember you are not alone, and there are things you can do to support your emotional wellbeing.

Source: 6 Ways to take care of your mental health and well-being this Mental Health Month. (2021, October 7). [who.int/westernpacific/about/how-we-work/pacific-support/news/detail/07-10-2021-6-ways-to-take-care-of-your-mental-health-and-well-being-this-world-mental-health-day](https://www.who.int/westernpacific/about/how-we-work/pacific-support/news/detail/07-10-2021-6-ways-to-take-care-of-your-mental-health-and-well-being-this-world-mental-health-day)