

## 2<sup>nd</sup> PAGBA Quarterly Seminar & Meeting

**“Responding to the Continuing Challenges of Innovations & Technology to Public Financial Management”**

**WORK, LIFE BALANCE, STRESS AND ANGER MANAGEMENT IN THE WORKPLACE AND HOME: *Developing Positive Work & Life Attitude***

*Grand Men Seng Hotel  
Davao City  
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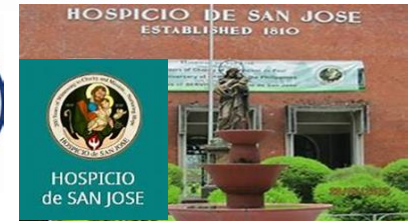
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## DISCLOSURE:

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**IACAPAP**

International Association for Child and Adolescent Psychiatry and Allied Professions



**ASIA PACIFIC HOSPICE  
PALLIATIVE CARE NETWORK**

Be better today than you were  
yesterday, and be better  
tomorrow than you are today.

Lorenzo Snow

 quote fancy

# OVERVIEW:



- **WORK ATTITUDE**
- **ACHIEVING POSITIVE WORK ATTITUDE**
- **SELF CARE AND COMPASSION**



- Where negativity exists in a workplace, people are quick to blame each other and feel a sense of injustice. With a negative attitude, you are less likely to be accountable and reliable.
- A positive attitude will enable you to take risks, innovate, communicate, have confidence and create a better workplace. This means you are more productive and achieve more.

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts. It is more important than the past, the education, the money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home.

The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you... we are in charge of our Attitudes.

~ Charles R. Swindoll



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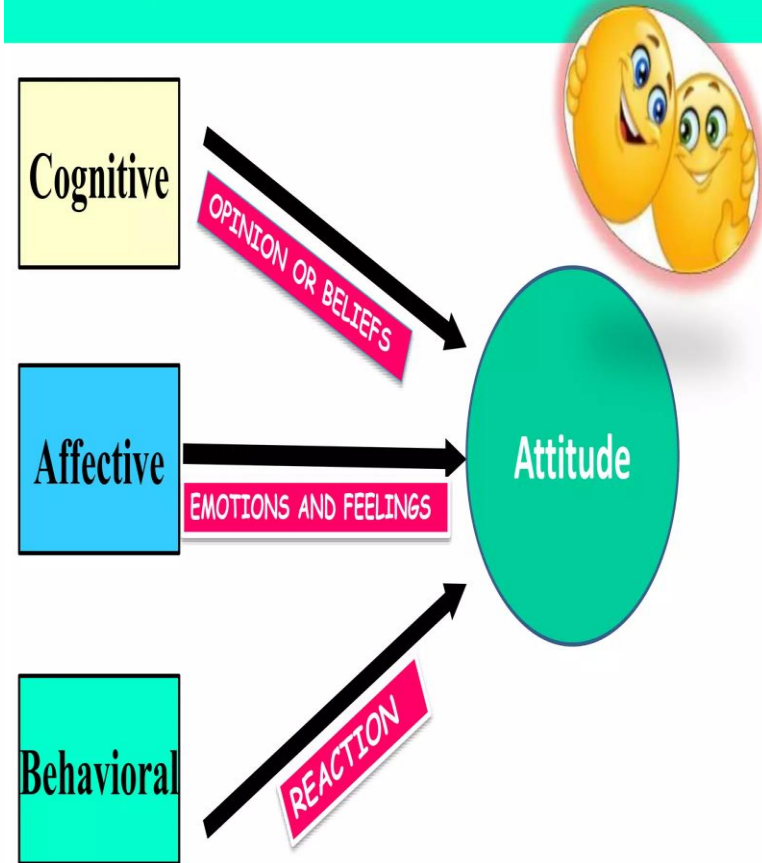
Photographer : Travis Favretto

- What is an Attitude?
- An attitude is a favorable or unfavorable evaluation of something. Attitudes are generally positive or negative views of a person, place, thing, or event - this is often referred to as the attitude object. People can also be conflicted or ambivalent toward an object, meaning that they simultaneously possess both positive and negative attitudes toward the item in question. (*Wikipedia*)
- **Carl Gustav Jung** – a well known psychiatrist and founder of analytical psychology defines attitude as a "readiness of the psyche to act or react in a certain way" (Chapter XI of Psychological Types)

**OUR LENS WHICH WE VIEW THE WORLD**

**OUR COMMUNICATION TO THE WORLD ON OUR MOOD**

## Components of Attitudes:



- THOUGHTS
- FEELING
- ACTIONS/ REACTIONS

# PERSONALITY TYPES KEY



## Extroverts

are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.



## Introverts

often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.



## Sensors

are realistic people who like to focus on the facts and details, and apply common sense and past experience to come up with practical solutions to problems.



## Intuitives

prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.



## Thinkers

tend to make decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.



## Judgers

tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.



## Feelers

tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.



## Perceivers

prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.

SOURCE: "Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type" by Paul D. Tieger, Barbara Barron, Kelly Tieger

BUSINESS INSIDER

Popular theories of personality types such as the Myers-Briggs theory. The Myers-Briggs Personality Type Indicator identifies a personality based on where someone is on four continuums: introversion-extraversion, sensing-intuition, thinking-feeling, and judging-perceiving.



## Personality

### Thoughts

### Feelings

### Behaviors



- All PERSONALITY types are equal :
- The goal of knowing about personality type is **to understand and appreciate differences between people**
- As all types are equal, there is no best type.
- By building a better understanding of how personality works, we can look for new ways to improve both personal and public health.

Personality describes the unique patterns of thoughts, feelings, and behaviors that distinguish a person from others.

A product of both biology and environment, it remains fairly **consistent throughout life**.

Examples of personality can be found in how we describe other people's traits.

For instance, "She is generous, caring, and a bit of a perfectionist," or "They are loyal and protective of their friends."



# TYPES OF WORK ATTITUDE

## 1. Work Attitude Behavior

- **WAB** refers to the ‘feel’ part of your work. It relates to how you feel about your work and your approach towards work. Hence, work attitude behavior is intangible. You cannot see it. Your colleagues cannot see it. But people can feel it. People whom you work with can feel your work attitude behavior.
- Your Colleagues “knows” it if you carry out your tasks with pride. They can feel whether you belief in your work or not. They know if you have passion in your work.

# TYPES OF WORK ATTITUDE

## 2. Work Behavior Attitude

- **WBA** refers to the 'do' part of your work. It relates to how you do your work and how you get your work done. Work behavior attitude can be seen. It is the actual work. You can see the result of your work behavior attitude be it a report or a finished good. Your colleagues can see it. It is the action.
- They can see if you worked hard. They can see if you do your work with skills and applied the knowledge you know into the work. They can see for themselves if you are the "all talk and no work" type.

- **Work attitudes** are also the feelings we have toward different aspects of the work environment. Job satisfaction and organizational commitment are two key attitudes that are the most relevant to important outcomes.

- In addition to personality and fit with the organization, work attitudes are influenced by the characteristics of the job, perceptions of organizational justice and the psychological contract, relationships with coworkers and managers, and the stress levels experienced on the job.

**Positive Quotes:** "I found that the men and women who got to the top were those who did the jobs they had in hand, with everything they had of energy and enthusiasm and hard work." **-Harry S. Truman**



- Have you recently had a bad day?
- How could that day been better?
- Has another person's bad day had a reflection on your day?
- How would a person having a bad day affect his attitude in the workplace?



# What is a Positive Work Attitude?

A “positive work attitude” is an attitude about working. It is often used to refer to someone who has positive outlook and behavior at work. It also refers to someone possessing good work values and ethics in the work place.

## HOW TO MAINTAIN A POSITIVE WORK ATTITUDE

#DBOS #PositiveWorkAttitude

### SURROUND YOURSELF WITH POSITIVE PEOPLE

Connect with people who loves to do many things for they surely have lots of stories to tell.

### PRACTICE THE ATTITUDE OF GRATITUDE

Every day won't be perfect but focusing on what we are grateful for tends to wash away all the feelings of negativity.

### CONTROL YOUR LANGUAGE

Restrain yourself from using foul language to insult your co-worker to avoid misunderstandings and hidden grudges in the long run.

### BE NICE TO PEOPLE

If you are nice to other people on a regular basis, it'll become a cycle of generosity and happiness that will eventually go as far as it could.



# POSITIVE WORK ATTITUDE EQUATIONS

- **1. Pride and Skills/Knowledge**

Pride as a positive attitude in the workplace is taken to mean self-dignity. It means the realization that everything you do has your personal signature on it. When you realize this, you give everything assigned to you your best shot.

However, there is a danger here. That danger is excessive pride without the necessary skills and knowledge is arrogance.

So, **Pride – Skills/Knowledge = Arrogance**

This equation of positive attitude in the workplace has to go hand in hand. It has to be in good balance. What about doing your work with just skills and knowledge and with no pride? Well, you end up with mediocre work. You get it right but it wouldn't be the best. Is this your attitude in the workplace?

# POSITIVE WORK ATTITUDE EQUATIONS

Hence, Skills/Knowledge – Pride = Mediocre Work

When you add this set of positive attitudes in the workplace together, pride and skills/knowledge – what do you get?

• **Pride + Skills/Knowledge = The Best Work Each Time**

## 2. Passion and Direction

Passion as a positive attitude in the workplace is the burning desire and love for the work that you do, which will pull you through the tough times. It is an intense enthusiasm that all things worth doing are worth doing well.



# POSITIVE WORK ATTITUDE EQUATIONS

However, like the previous set of positive attitudes in the workplace it needs to be balanced by another factor - Direction. Your enthusiasm and burning desire must be harnessed to focus on the objectives at hand for it to show positive results. Passion without direction would just mean wasted energy.

- **Passion – Direction = Wasted Energy**

- What about Direction without Passion? Well, what if you know where you want to go but do not have the fuel for it? It just means success takes longer to achieve, if ever.

- **Direction – Passion = Success Takes Far Longer**, If Ever When you add direction and passion as positive attitude in the workplace you get goals galore!

- **Passion + Direction = Goals Galore**



# POSITIVE WORK ATTITUDE EQUATIONS

- **3. Belief and Action**
- The last equation of positive attitude in the workplace involves belief and action. The more your personal belief is aligned to the organization you are attached to better your chances for career success. A deep belief in yourself will create the vigor and force that fuels your journey of seeking career success.
- This belief must be balanced with action. Action means making your plans work. It means doing. Working. A belief that is not backed by a plan of action is just fantasies.

# POSITIVE WORK ATTITUDE EQUATIONS

- **Belief – Action = Fantasies**
- What if you work your plans without a belief? Anyone without belief in themselves and their dreams but continue to work their plans is a fool at work.
- **Action – Belief = Fool at Work**
- When you are able to synergize belief and action into one, your dreams come true!
- **Belief + Action = Dreams Come True**

# Mathematical Mantra of Success & ATTITUDE

Let each letter of the alphabetic has a value equals to its sequence of the alphabetical order:

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

S	K	I	L	L	S	=	82
19	11	9	12	12	19		

K	N	O	W	L	E	D	G	E	=	96
11	14	15	23	12	5	4	7	5		

H	A	R	D	W	O	R	K	=	98
8	1	18	4	23	15	18	11		

A	T	T	I	T	U	D	E	=	100
1	20	20	9	20	21	4	5		



In the world of work, employers not only look at your ability to apply your technical skills & knowledge effectively on the job, they also look at your attitude at work.

Positive attitudes in the workplace are recognized and **valued** by employers.

Developing **positive attitude** at work can determine how **successful** you are in your **career**.



# DEVELOP POSITIVE WORK ATTITUDE

- A positive attitude does not pop into your mind by itself. How you feel is a decision you make every day. If you don't automatically feel upbeat, look around and find something to feel good about. Aim: Start out each day in a positive way. **SMILE!!!**
- Use a clock radio that plays music that is soft and pleasant to wake up to. Don't use a loud alarm clock.
- Allow yourself enough time to prepare for the day's activities at a civilized pace. Don't get up at the last possible moment.

Source: Dr. Wolf J. Rinke, author of Make It A Winning Life: Success Strategies For Life, Love And Business.

# INFLUENCE YOUR ENVIRONMENT by POSITIVE BEHAVIOR

- Spread a **smile** around
- **Sprinkle some positivity** on the negatives
- Focus on the **good & good** of each day
- Say **PLEASE** and **Thank you**
- **Practice empathy**
- **Evaluate** your behavior from  
Time to time





# DEVELOP POSITIVE WORK ATTITUDE

- Think about the positive things you expect to accomplish today. Don't listen to news of the world's problems or worry about your own problems while you are dressing.
- Eat a healthy breakfast. Don't drug yourself with coffee or cigarettes.
- Discuss your plans for the day with your partner. Don't bury your face in the newspaper.
- Each day, find some positive feature about your partner and compliment him/her on it.
- As you go about your day's activities, always expect the best.

**Source:** Dr. Wolf J. Rinke, author of Make It A Winning Life: Success Strategies For Life, Love And Business.

**PLEASE REMEMBER**



**With a BAD ATTITUDE you can never  
have a GREAT day  
with a POSITIVE ATTITUDE you can  
never have a BAD day.**

- A new branch of medicine – **psychoneuroimmunology** - studies the relationship between mental attitude and health. Physicians have found that a positive attitude can result in faster recovery from surgery and burns, more resistance to arthritis and cancer, and improved immune function.
- Reason: Brain-produced substances – neuropeptides - transmit chemical messages that direct the immune system. When you think positively, these messages are more emphatic. When you are depressed, they tell your body, Why bother?
- Research made by psychologist **Martin Seligman** of the University of Pennsylvania revealed that optimistic people are happier, healthier and more successful than those with a negative outlook on life.
- **REMEMBER:**
- When you think positively about yourself, you work harder at what you want to do - and give up less easily. You make a better impression on others, which encourages them to help you. When you think more positively about your colleagues, employees, spouse and children, you build stronger and more productive relationships - leading to greater success at work and at home.

# In positive psychology, what is the PERMA model?

One of the founders of positive psychology, Martin Seligman, developed the PERMA model. The model has five elements that can help people work towards a happier, more fulfilled life:



## Positive emotion:

Positive emotion refers to individuals' ability to remain optimistic about their past, present and future.



## Relationships:

Relationships refer to the connections individuals build that provide love, support and intimacy.



## Accomplishments:

Accomplishments are the tasks or milestones individuals achieve that fill them with pride.



## Engagement:

Engagement refers to how individuals perform activities that absorb them physically and mentally.



## Meaning:

Meaning refers to how individuals create value in life by asking themselves questions, such as those about their purpose.



Source: [PositivePsychology.com](https://www.positivepsychology.com)



**PERMA** is an acronym for a model of wellness, happy, and healthy living. It stands for positive emotions, engagement, relationships, meaning, and accomplishments.



**P**  
**E**  
**R**  
**M**  
**A**

Positive emotion – feel good factor and fulfillment

Engagement – completely engrossed in whatever you are doing

Relationships – authentic and loving connection

Meaning – living with a sense of purpose

Accomplishment – a sense of achievement



### How to apply the PERMA model in your life?

- ◆ Develop a positive outlook towards life
- ◆ Have good sense of self worth
- ◆ Being mindful
- ◆ Practice gratitude
- ◆ Do acts of kindness

## IMPORTANCE OF POSITIVE WORK ATTITUDE

A Positive Work Attitude leads to:

- Resilience
- Optimism
- Confidence
- Creativity
- Conflict Resolution
- Emotional Intelligence
- Achievement Drives
- Motivation
- Focus

## HOW TO HAVE FEEL GOOD FACTOR



**Think positive,**  
**See Positive,**  
**Listen Positive ,**  
**Share Positive**

**Positive Quotes:** “A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” ~ Winston Churchill

# BENEFITS OF POSITIVE WORK ATTITUDE

- **1. Less stress**

To begin with, it's healthier for you and everyone around you. More and more studies are showing that stress can bring about a host of physical and mental problems, from insomnia, fatigue, and loss of concentration to more serious ailments like severe depression, bodily aches and pains, hypertension (high blood pressure), digestive disorders (as severe as ulcers), and even heart attack and stroke. You need to nip it in the bud now to avoid both short- and long-term side effects





# BENEFITS OF POSITIVE WORK ATTITUDE

- **2. Happy peers**

Your stress level will certainly effect those around you, whether you are so scattered that you can't organize your thoughts enough to send a coherent email, or you lash out in anger and frustration at a startled (and undeserving) co-worker. Improving your disposition will have a ripple effect that positively influences everyone you come in contact with



# BENEFITS OF POSITIVE WORK ATTITUDE

- **3. Job security**

A bad attitude (and subsequent side effects) can get you fired, so take it down a notch, take a deep breath, and take a break before you go off the deep end (and into the abyss). An employee who gets the ball rolling and keeps everyone on track is a much better asset.



# BENEFITS OF POSITIVE WORK ATTITUDE

- **4. Boundaries**

Having a positive attitude is not only necessary for your health (and job stability), it is also required to enjoy life. But you will have to take steps to get to your happy place. You may not have the career you dreamed of. Most of us don't end up doing what we want, or even what we plan, but you can't focus on the negative. Keep in mind that you work to make money.

Nothing more, nothing less. You are not obligated to do anything other than provide the services for which you were hired, so setting your limits may help you to keep an even keel in the workplace.





# BENEFITS OF POSITIVE WORK ATTITUDE

## 4. Boundaries



### Examples of Boundaries:

"I will have to get back to you about that."

"I will let you know when I have time."

"I am not qualified for that job."

"I appreciate the invite, but I won't be able to make it."

"I will have to get back to you on that."

"I respect your opinion, but I have my own opinion as well."

"I have the right and am entitled to my own feelings."

"I will do my best with what resources I do have."

"I need to focus on myself."

"Please do not speak to me that way,"

"I am not comfortable discussing that."



# BENEFITS OF POSITIVE WORK ATTITUDE

- **5. Empowerment**

Don't let the man get you down. There will certainly be times when you'll have to deal with tasks you don't enjoy, ridiculous deadlines and demands, and rude co-workers or managers. An excellent way is to empower yourself by saying no. If you are unable or unwilling to perform a task, simply say no. It's not easy, but it will make you feel pretty good.

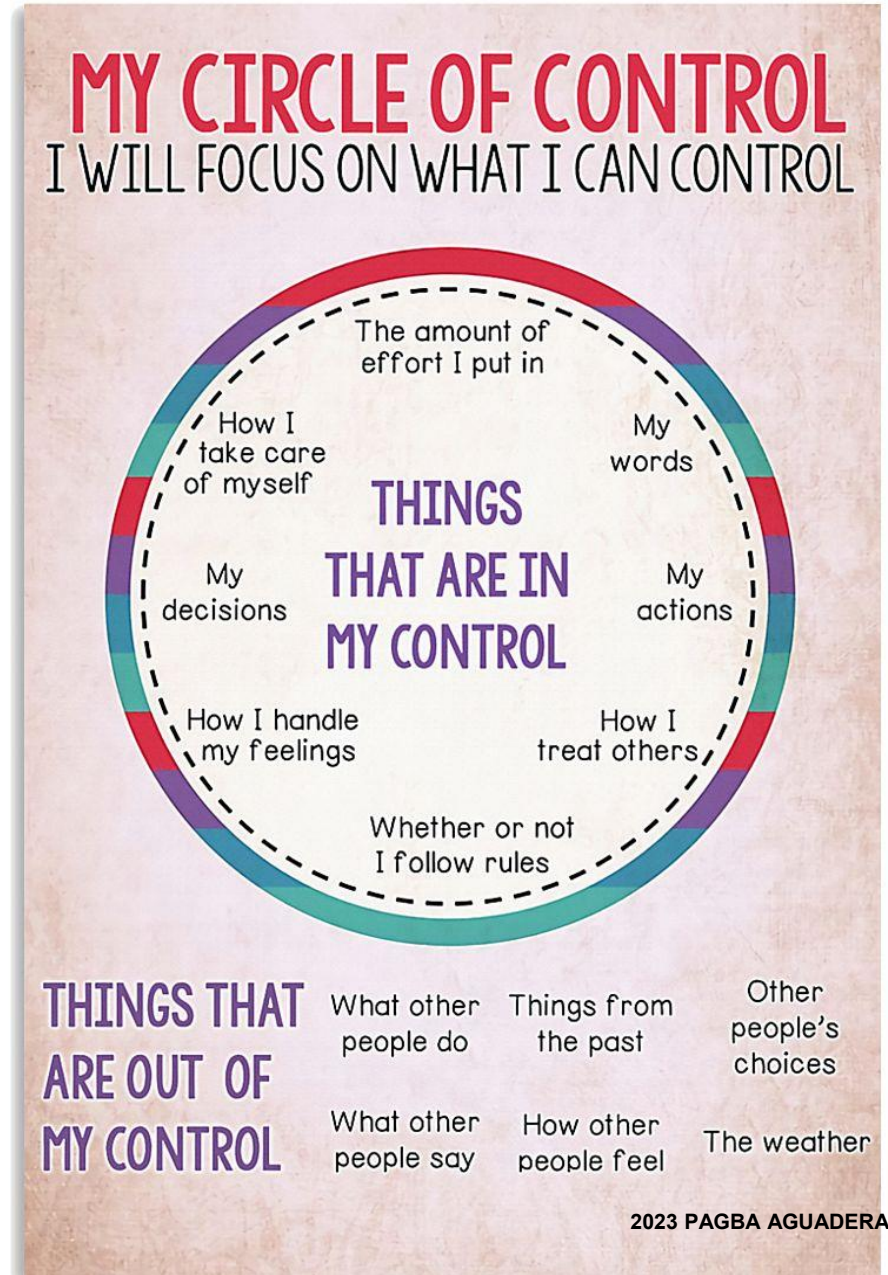




# BENEFITS OF POSITIVE WORK ATTITUDE

## 6. Control

You control your life, your path, and your decisions (including, often, how you feel). So don't be afraid to leave your job and look for something better. As for difficulties with others in your office, try to be rational and forthright. A lot of people are willing to meet standards of behavior if you let them know their actions are inappropriate. And there's always the HR department if all else fails.



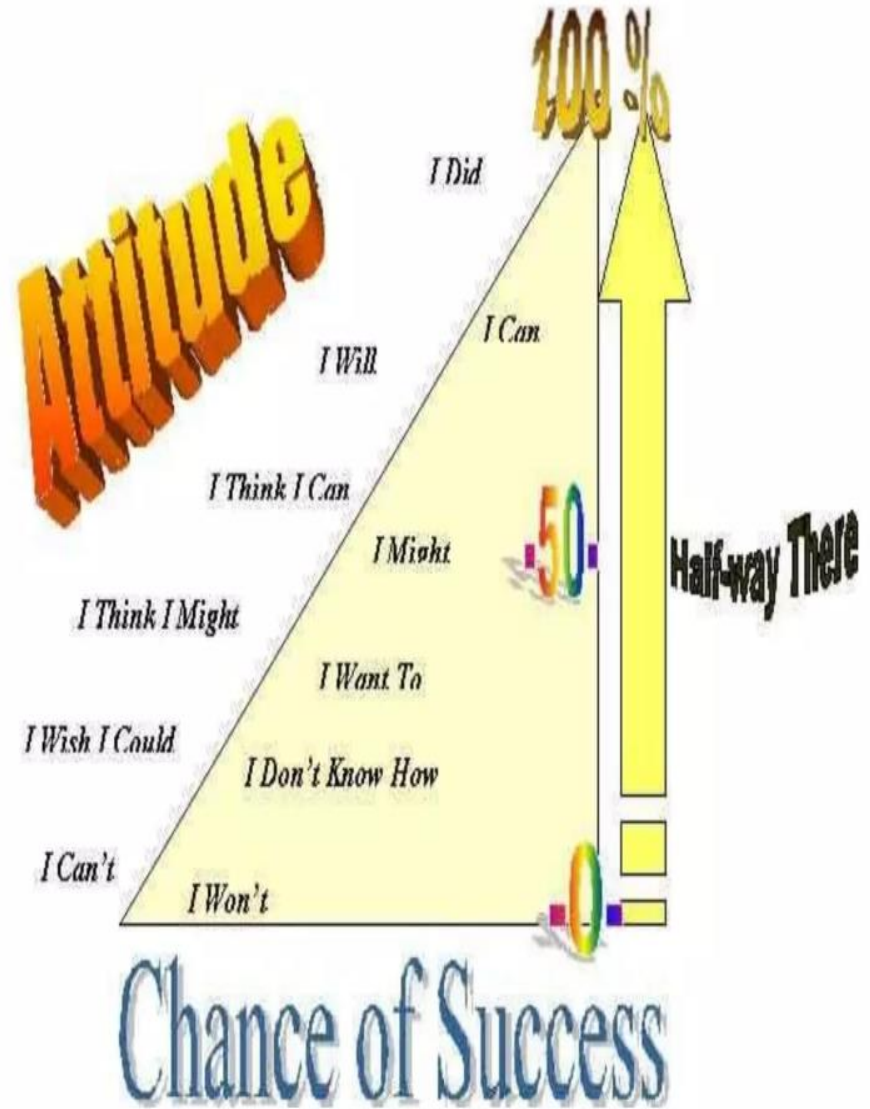


# BENEFITS OF POSITIVE WORK ATTITUDE



## POSITIVE ATTITUDE TIP ABOUT WORK

- Keeping a positive work attitude can be one of the most challenging things you do. Especially, when you are impacted by negative influences in the workplace. One of the ways to keep your attitude positive is to think of your work as your business. If it was your business and more importantly your money that was being put into the workplace how would you act, what would you do to make the workplace, the product or service better.





# WE ALL KNOW

- LIFE IS A LONG JOURNEY BETWEEN HUMAN BEING AND BEING HUMAN.
- LET,S TAKE AT LEAST A STEP DAILY TO COVER THIS DISTANCE
- IT DOES NOT MATTER WHAT IS YOUR AGE,WHAT IS YOUR SEX..WHAT IS YOUR PROFESSION..SMALL OR BIG



# INFLUENCE YOUR ENVIRONMENT by POSITIVE BEHAVIOR

- Never miss an opportunity to **Complement**
- Keep **Promises**
- Cultivate your **Sense of humor**
- Keep **Open Mind** to changes
- Adopt **forgiving** view for people



# 7 HABITS FOR SOCIETY

(wish to make Movement)

- Save **1 Liter or Water per day**. Use smaller water bottle.
- Save **1 unit of electricity**. Switch-off light if not required
- Don't **pollute** environment.
- Care & Promote **Sanitation & Hygiene at home, workplace and society**
- Plant a **sapling every year**.
- Building Society **with Helping attitude** for others

# Choose POSITIVE Living

# Build POSITIVE society





# SELF CARE: A GIFT TO YOURSELF

PSYCHOLOGICAL WELL BEING

Taking care of your mind & thoughts

Taking care of your physical health & body

## Self-Care

Increasing your own well-being through self-care behaviors

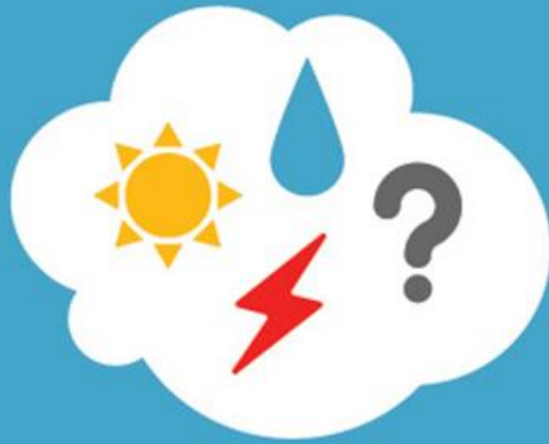
Taking care of your spiritual health

Taking care of your emotions

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# SELF-AWARENESS

**The ability to accurately recognize one's emotions and thoughts and their influence on behavior.** This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

# How to Develop and Increase SELF-AWARENESS

**1 LOOK AT YOURSELF OBJECTIVELY.**  
 Try to identify your current understanding by writing out your perceptions.



**2 KEEP A JOURNAL.**  
 This will help you get a better idea of who you are and what you want out of life right now.



**3 WRITE DOWN YOUR GOALS, PLANS, AND PRIORITIES.**  
 Plan out your goals in a worksheet so they turn from ideas into a step-by-step process.



**4 PERFORM DAILY SELF-REFLECTION.**  
 Start by setting aside just 15 minutes each day. Find a quiet place to think.



**5 PRACTICE MEDITATION AND OTHER MINDFULNESS HABITS.**  
 Meditation is the practice of improving your mindful awareness.



**6 TAKE PERSONALITY AND PSYCHOMETRIC TESTS.**  
 These tests compel respondents to think about a set of traits or characteristics that closely describe them relative to other people.



**7 ASK TRUSTED FRIENDS TO DESCRIBE YOU.**  
 Make sure your friends know that they are doing this to help you, not to hurt you.



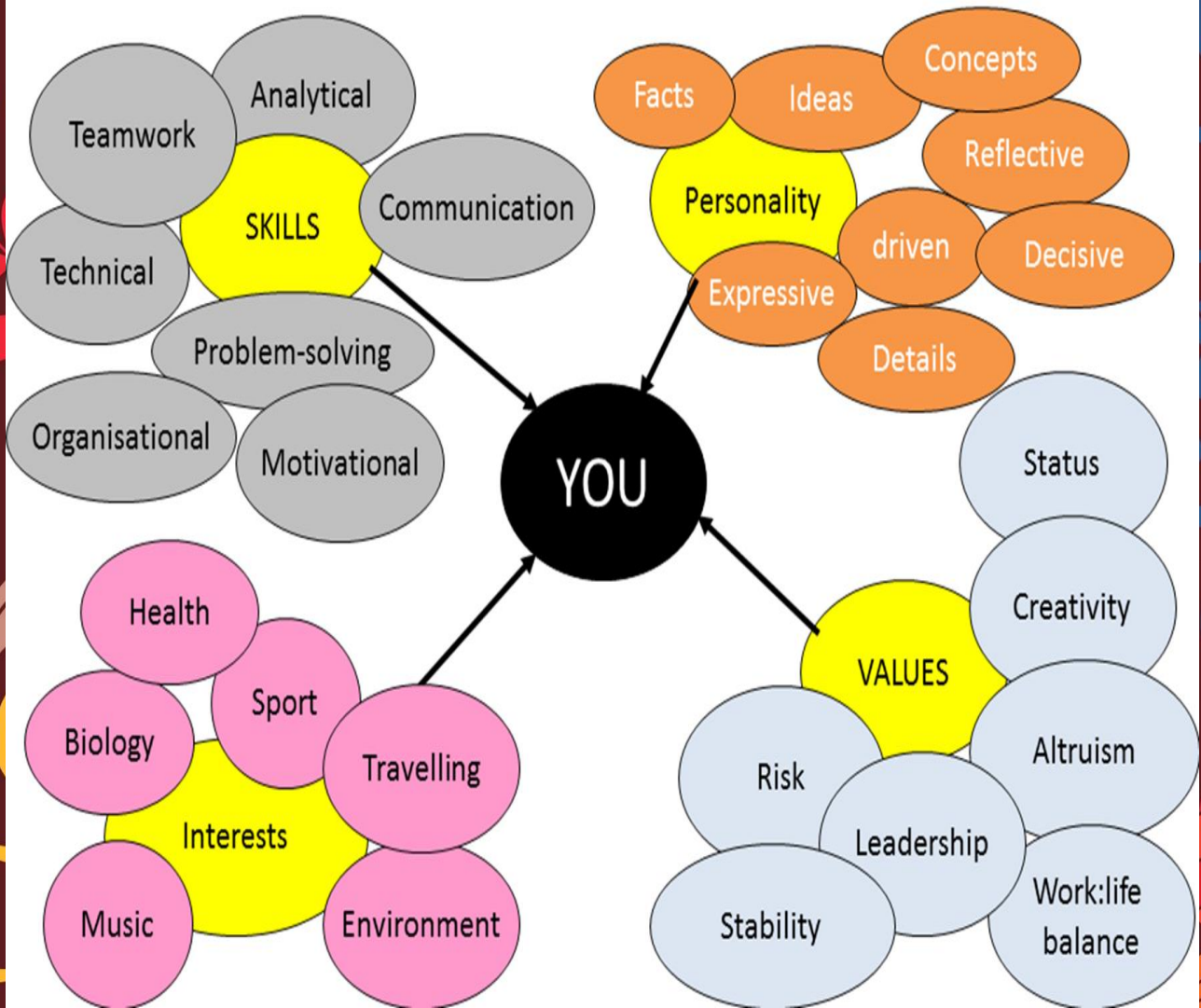
**8 ASK FOR FEEDBACK AT WORK.**  
 Provided it is constructive and well done, having an option for formalized feedback allows us to self-reflect on our own strengths and weaknesses.



Want to learn more about The Self-Awareness Habit?

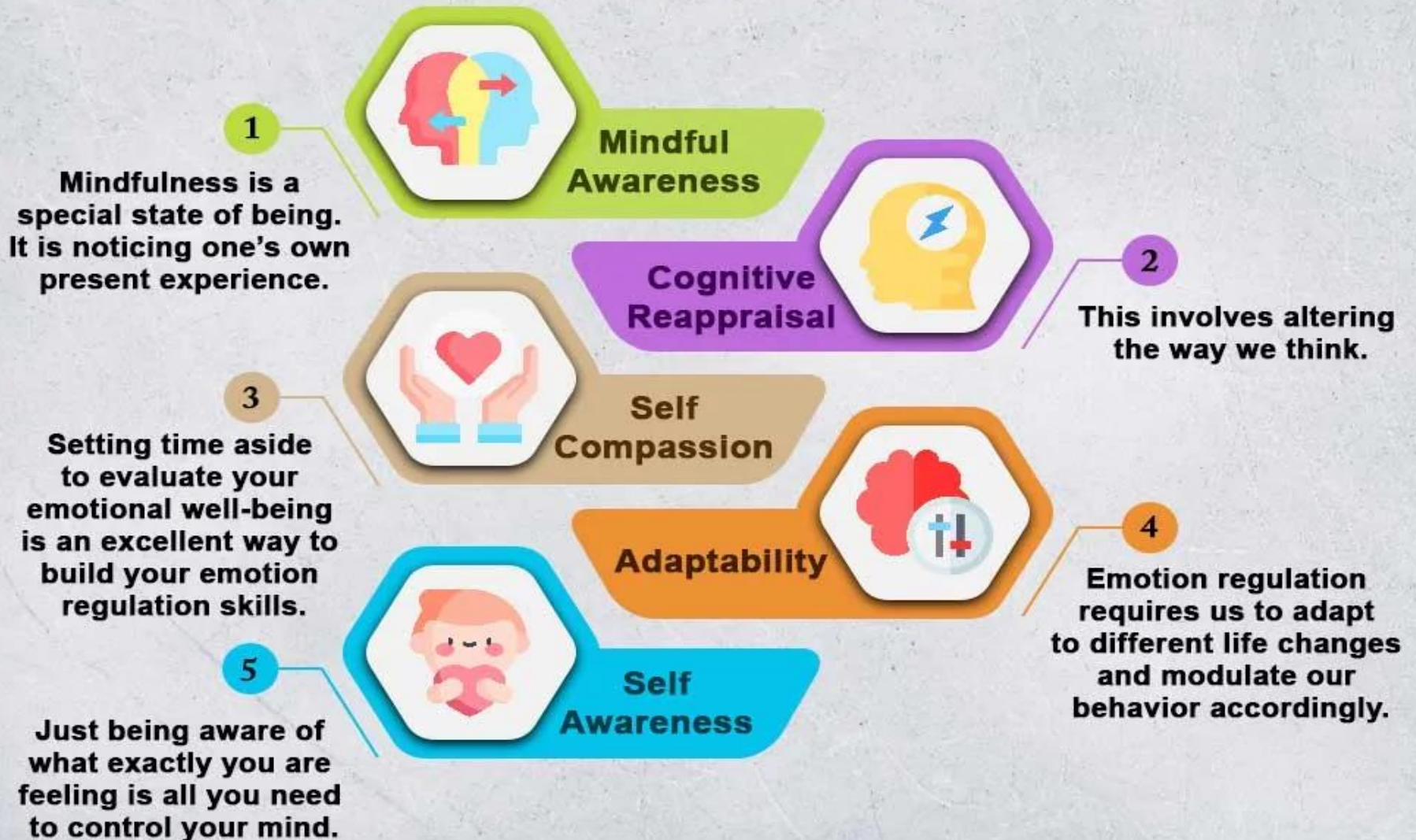
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# SELF - AWARENESS





# Emotion Regulation Skills





**Wellbeing is made up of two key elements:**

**1. Feeling good**

**2. Functioning well**



**What kinds of things contribute to your own sense of mental wellbeing?**





**Resilience** is the ability to cope with life's challenges and to adapt to adversity.

Your levels of resilience can change over the course of your life.





## **Why are wellbeing and resilience important?**

**Resilience is important because it can help to protect against the development of some mental health problems. Resilience helps us to maintain our wellbeing in difficult circumstances.**

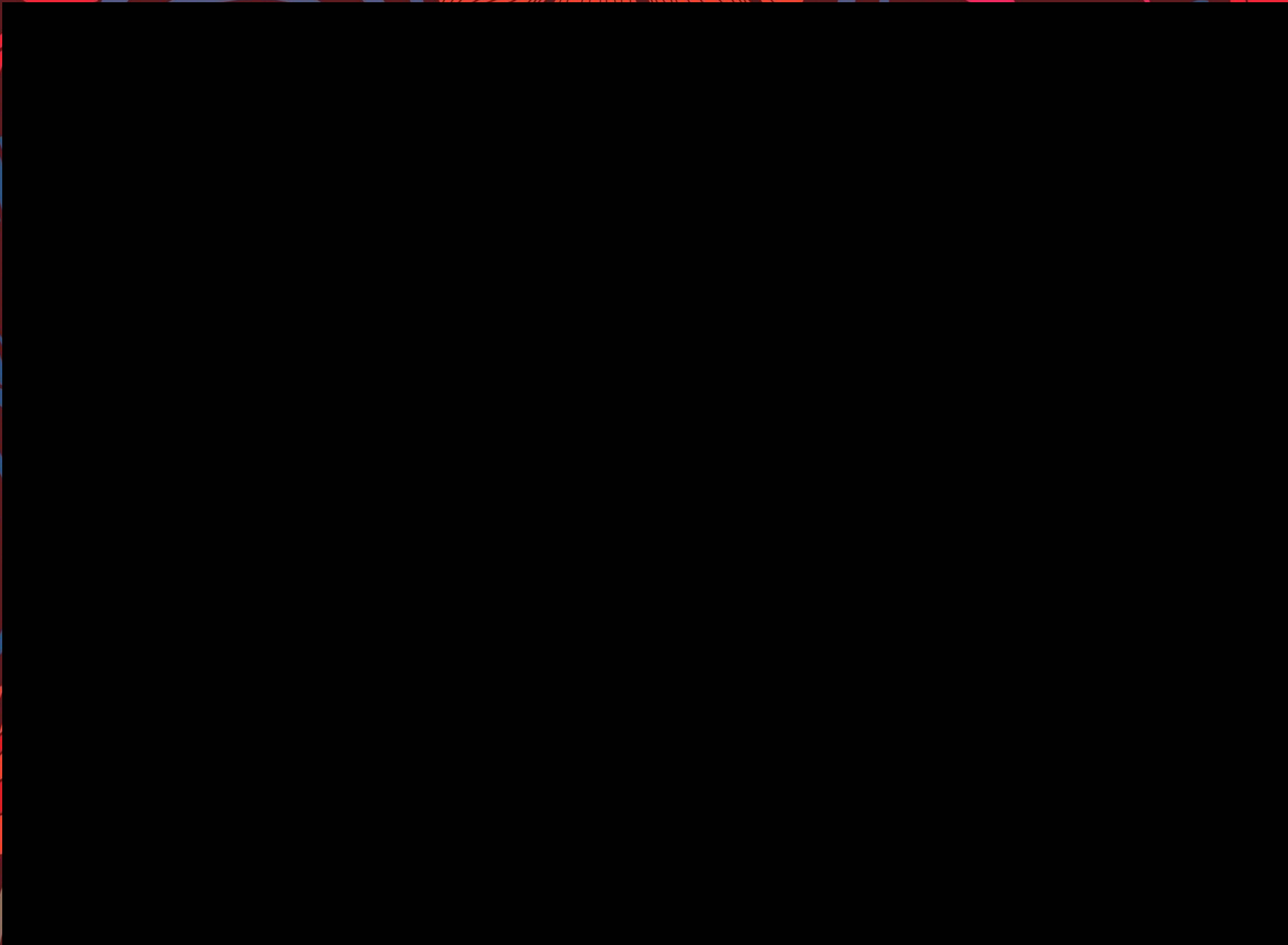
**What type of things make you feel more or less resilient and able to cope?**





Known to Others	<p><b>OPEN SELF</b></p> <p>Information about you that both you &amp; others know.</p>	<p><b>BLIND SELF</b></p> <p>Information about you that you don't know but others do know.</p>
	<p><b>HIDDEN SELF</b></p> <p>Information about you that you know but others don't know.</p>	<p><b>UNKNOWN SELF</b></p> <p>Information about you that neither you nor others know.</p>
Unknown to Others		

**hmtv**  
SELF HELP







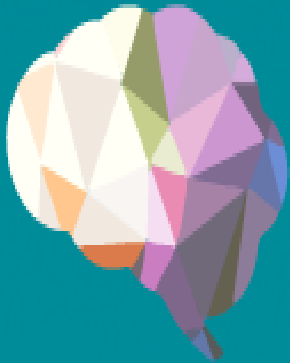
# The Johari Window

# SELF COMPASSION



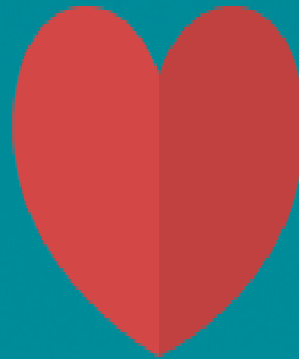
# WHAT IS SELF-COMPASSION?

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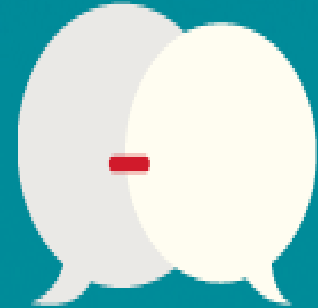
## Mindfulness

Self-compassion involves recognising when we're stressed or struggling without being judgmental or over-reacting.



## Self-Kindness

Being supportive and understanding towards ourselves when we're having a hard time, rather than being harshly self-critical.



## Connectedness

Remembering that everyone makes mistakes and experiences difficulties at times. We are not alone!



# WHY PRACTICE SELF-COMPASSION?

Research shows that people who are more self-compassionate are...

## HAPPIER

Practicing self-compassion leads to more happiness, optimism, gratitude and better relationships with others.



## MORE RESILIENT

Self-compassionate people bounce back more easily from setbacks and are more likely to learn from their mistakes.




## LESS STRESSED

Self-compassion is a powerful antidote to the self-criticism and perfectionistic thinking that can lead to stress, anxiety and depression.







“A moment of self-compassion  
can change your entire day.  
A string of such moments can  
change the course of your life.”

— Christopher K. Germer

[jenniferchristiancounseling.com](http://jenniferchristiancounseling.com)



## SELF COMPASSION Practical Tips:

- Create a self-compassion mantra that you can say to yourself when you are struggling. It may go like this “may I be kind to myself in this moment, may I give myself the compassion that I need” or “this is a moment of suffering, everyone suffers.”
- When you notice yourself speaking negatively ask yourself if you would speak to a friend like that.
- Reflect on the negative self-talk that you have noticed. This may include if there is a common theme in your self-talk, if it’s related to past experiences, or if you have a tendency to set unrealistic expectations and respond with negative self-talk.
- Engage in relaxation exercises, or guided meditations, that focus on self-compassion.

Dr Kristen Neff records relaxation videos on her website (<http://self-compassion.org/>).



# SET GOALS INTELLIGENTLY WITH THE SMART APPROACH.

Learn how small steps forward can lead to long-term success.

<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
				
<b>SPECIFIC</b>	<b>MEASURABLE</b>	<b>ACHIEVABLE</b>	<b>REALISTIC</b>	<b>TIMEBOUND</b>
What do I want to accomplish?	How will I know when it is accomplished?	How can the goal be accomplished?	Does this seem worthwhile?	When can I accomplish this goal?

#DeStressMonday

DeStressMonday.org

**DESTRESS  
MONDAY**

SELF CARE/PERSONAL ACTION PLAN

WHAT WILL I DO NEXT WEEK TO IMPLEMENT WHAT I LEARNED TODAY?

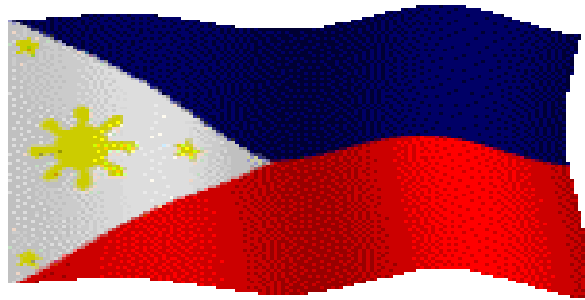
# TAKE HOME MESSAGE

- A positive work attitude creates an opportunity for advancement and success in your professional career, because it helps you appreciate your job/role in the company/organization where you belong.
- Having a positive attitude makes you a valuable asset to the company in terms of both performance and attitude, which is likely to spread to others.

**Positive Quotes:** "You don't have to be great to start, but you have to start to be great." {Zig Ziglar}

## 10 WAYS TO PROMOTE GOOD MENTAL HEALTH & WELL-BEING IN KIDS

- 1 MODEL GOOD **MENTAL HEALTH HABITS**
- 2 MAKE SURE THEY GET **ENOUGH SLEEP**
- 3 **ENCOURAGE** KIDS TO EXERCISE
- 4 GIVE THEM **CREATIVE** OUTLETS
- 5 PROVIDE A **SPACE** OF THEIR OWN
- 6 **TALK** ABOUT THEIR TROUBLES
- 7 HELP THEM TO **RELAX**
- 8 HAVE TWO **ROUTINES** -  
WEEKDAY AND WEEKEND
- 9 FOSTER **VOLUNTEERING** AND  
**HELPFULNESS**
- 10 BRING **FUN AND PLAYFULNESS**  
INTO THEIR LIVES



## 2<sup>nd</sup> PAGBA Quarterly Seminar & Meeting

**“Responding to the Continuing Challenges of Innovations & Technology to Public Financial Management”**

# WORK, LIFE BALANCE, STRESS AND ANGER MANAGEMENT IN THE WORKPLACE AND HOME: *Developing Positive Work & Life Attitude*



**Highest standards of Integrity, Objectivity and Professionalism**



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# Lusog-Isip

Mobile app for self-care on mental health and substance use



One last thing

## How are you feeling today?



### Joy



Swipe to choose

LUSOG-ISIP

## My Self-care Tools



### MY MOOD JOURNAL

This keeps track of all your entries when you answer your mood for the day.



### MY SELF-CARE TOOLKIT

Fill this with self-care tips to remind yourself of what to do when you're feeling unwell.







I no longer listen to what people say, I just watch what they do.  
Behavior never lies.

— *Winston Churchill* —

AZ QUOTES

—  
YOUR ENERGY  
IS CONTAGIOUS.  
EITHER  
YOU AFFECT PEOPLE  
OR YOU INFECT PEOPLE.  
—

“  
The only  
disability  
in life  
is a bad  
attitude.”

Scott Hamilton

TEAMWORK  
MAKES  
*the*  
DREAM  
WORK

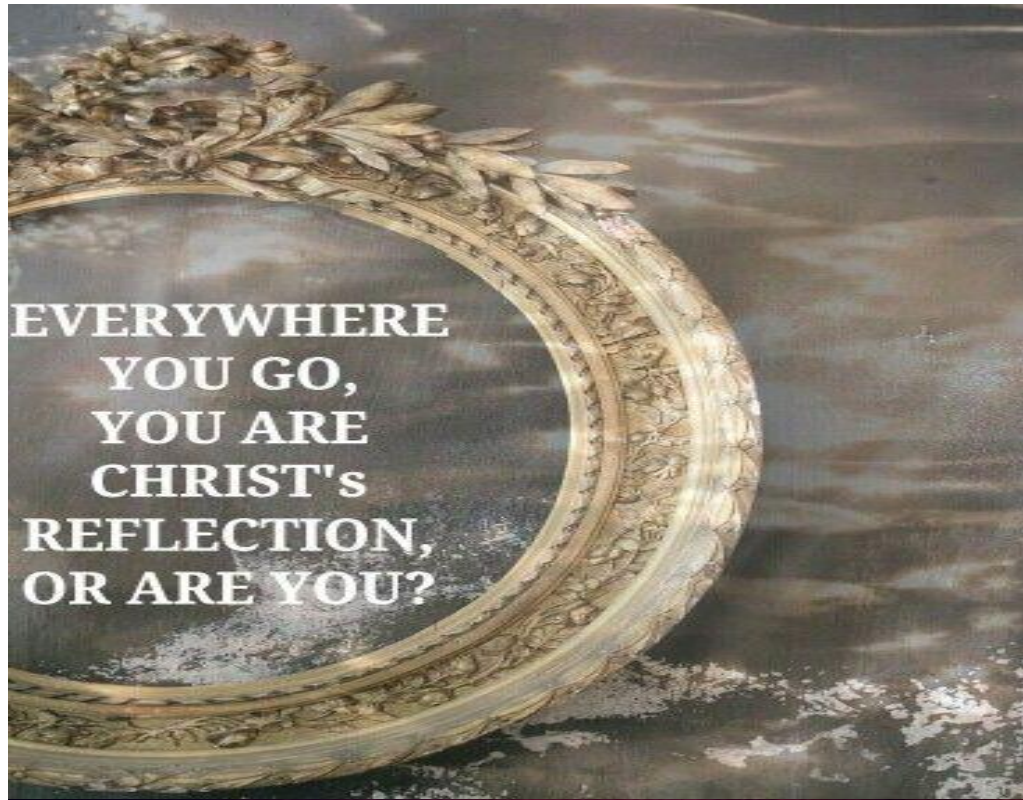
A NEGATIVE THINKER  
SEES A DIFFICULTY  
IN EVERY OPPORTUNITY  
A POSITIVE THINKER  
SEES AN OPPORTUNITY  
IN EVERY DIFFICULTY

IT IS ONLY  
WITH THE HEART  
THAT ONE CAN SEE  
RIGHTLY;  
WHAT IS ESSENTIAL  
IS INVISIBLE TO  
THE EYE.

THE LITTLE PRINCE







MARY ANN JOY G. AGUADERA, MD



**TEACHER, TRAINOR, VOLUNTEER, HIV/MENTAL CARE HEALTH PROVIDER.  
WELFARE ADVOCATE**