



Republic of the Philippines  
**Department of Environment and Natural Resources**  
Visayas Avenue, Diliman, Quezon City  
Tel Nos. 929-6626 to 29; 929-6633 to 35  
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**MEMORANDUM**

**FOR/TO :** All Officials and Employees MAR 23 2021  
DENR Central Office  
Bureaus and Attached Agencies  
DENR Regional Offices

**FROM :** The Director  
Human Resource Development Service

**SUBJECT :** CONDUCT OF WEBINAR ON MENTAL HEALTH IN THE  
WORKPLACE: UNDERSTANDING STRESS, ANXIETY AND  
DEPRESSION ON MARCH 29, 2021

This pertains to the conduct of the Webinar on Mental Health in the Workplace: Understanding Stress, Anxiety and Depression under Special Order 2021-71. The webinar will be conducted on **March 29, 2021 from 9:00 am to 12:00 noon via Zoom Platform.**

The webinar aims to provide coping mechanisms, measures, ideas, steps, and solutions to take, to better deal with uncontrollable circumstances, alleviate anxiety, and face the unknown with more confidence during these trying times.

In relation to this, we are asking interested participants to follow the instructions below:

1. The Webinar will be held live online. Make sure to be online before 9:00 am for the brief orientation.
2. You need to have a desktop computer/laptop with webcam and a reliable internet connection. It is advisable to use earphones with a microphone for a more interactive experience.
3. For first time users, familiarize yourself to the website <https://zoom.us/> or watch this video <https://www.youtube.com/watch?v=fGbpwZNW3oI>.
4. Download the Zoom application and click JOIN A MEETING. **Below is the Zoom link for the Webinar:**

**Meeting ID:** 844 4562 0545

**Passcode:** hnw2021

**Registration Form:** <https://forms.gle/PjZOTmAyR5HCZJxi9>

5. All learners are required to be present wearing appropriate attire during the webinar.
6. This activity shall be documented by the HRDS and officially be reported as accomplishment.

For any question or inquiry, you may e-mail us at [cds.tdd@gmail.com](mailto:cds.tdd@gmail.com) or may contact Ms. Marilou Mendoza, Head of the Competency Management Section of the Training and Development Division at 09159674751.

For your information and guidance.

**RIC G. ENRIQUEZ, Ph.D., CESO III**



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**SPECIAL ORDER**  
No. 2021 - 71

FEB 24 2021

**SUBJECT: AUTHORIZING THE CONDUCT OF HEALTH AND WELLNESS ACTIVITIES FOR CY 2021**

In the interest of the service and in line with the continuing effort of the DENR Health and Wellness Program to keep the employees work in a healthy and safe environment, the Human Resource Development Service is hereby authorized to conduct the following health and wellness activities/interventions:

ACTIVITIES	DATE	VENUE
Hypertension and Diabetes Prevention Program	March 30-31, 2021 April 28-29, 2021 May 26-27, 2021 June 29-30, 2021 July 28-29, 2021 August 26-27, 2021 September 29-30, 2021 October 27-28, 2021 November 25-26, 2021 December 28-29, 2021	DENR Social Hall
Health Survey Form Quick Response(QR) Code Monitoring	January – December 2021	DENR Main Building
Webinar on Mental Health in the Workplace: Understanding Stress, Anxiety and Depression	March 15, 2021	Online Platform
COVID-19 Vaccination	April 6-8, 2021 May 18-20, 2021	DENR Social Hall
Webinar on Spiritual Health	April 15, 2021	Online Platform
Mandatory Random Drug Testing	June 23-25, 2021	DENR Social Hall
Influenza (Flu) Vaccination	August 11-13, 2021	DENR Social Hall
Webinar on Financial Health	May 21, 2021	Online Platform
Health Risk Assessment	October 4-15, 2021	Online Platform
Annual Physical Examination	October 25-29, 2021	DENR Social Hall
Work-Life Balance	November 10-12, 2021	Online Platform
Employee Health and Wellness Survey	December 7-9, 2021	Online Platform

All expenses to be incurred shall be chargeable against HRDS- Health and Wellness Funds, subject to the usual accounting and auditing rules and regulations.

A report containing the highlights and recommendations shall be submitted to the undersigned fifteen (15) days after the completion of the activity.

The Assistant Secretary for Administration and Human Resources is authorized to amend and/or re-schedule said activities in case of unavailability of the resource person/s venue or conflict with other activities of the Department.

This Order takes effect on the dates herein specified unless otherwise reset to another date.



**ATTY. ERNESTO D. ADOBO, JR., CESO I**  
Undersecretary for Legal, Administration, Human Resources and Legislative Affairs