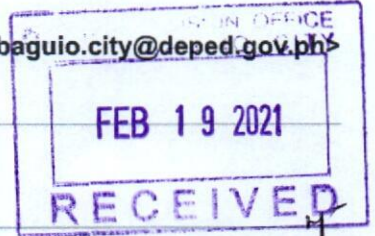




DepEd Baguio City <baguio.city@deped.gov.ph>



Pandemic Fatigue

1 message

Romeo Flauta <meoflauta@gmail.com>
 To: baguio.city@deped.gov.ph

18 February 2021 at 18:59

HON. MARIE CAROLYN B. VERANO

Schools Division Superintendent
 Department of Education
 Baguio City

Dear Ma'am Verano,

How are you? I'm Romeo Flauta, a resident of Los Banos, Laguna. I'm writing to you as a leader of your organization.

There is a spreading state of mental stress termed "**Pandemic Fatigue.**" It has been reported by CNN, discussed by Johns Hopkins University, and explained by the World Health Organization (WHO). As a leader, you can assist your constituents and your family members by helping them understand and beat this problem.

If we are experiencing what is being called pandemic fatigue, take courage. The Bible is helping many to cope with life during this stressful time. It can help you too. I would like to share with you an online article entitled, "**How to Beat Pandemic Fatigue?**" from the world's most translated website that discusses this problem and how certain Bible principles and texts can greatly help to alleviate it. The write-up is available in hundreds of languages including English, Tagalog, Cebuano, Ilonggo and many more.

What is pandemic fatigue? Why is pandemic fatigue serious? What Bible principles can help us to beat pandemic fatigue? And what are the signs that someone has pandemic fatigue? These questions will be answered in this article. I am one of the millions of Jehovah's Witnesses worldwide preaching and making disciples in 240 lands. We also offer a free Bible Study through phone or Messenger. If you are interested, you can send me a message via email (Matthew 24:14; 28:19, 20).

May God bless you with the knowledge and wisdom to lead during these critical times.

Here is the link to the online article:

<https://www.jw.org/en/bible-teachings/peace-happiness/physical-mental-health/pandemic-fatigue/>

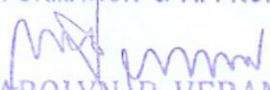
I would also like to share with you a link to a video resource that could help you in this pandemic:

https://www.jw.org/en/library/videos/#en/mediaitems/LatestVideos/pub-jwb_202012_12_VIDEO

Respectfully yours,

Romeo Flauta

To: All School Administrators, Principals & Teachers In-Charge
 (Elementary & Secondary)
FOR YOUR INFORMATION & APPROPRIATE ACTION


 MARIE CAROLYN B. VERANO, CESO V
 Schools Division Superintendent