

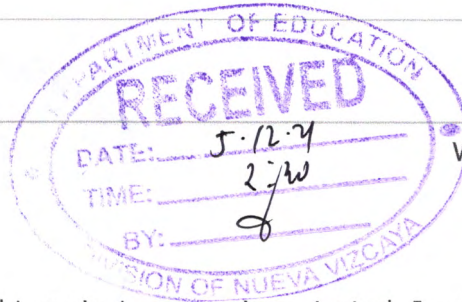


Nueva Vizcaya <nuevavizcaya@deped.gov.ph>

### Helpful Articles for our Educators

2 messages

Adrielle Ortiz <adrielleortiz1919@gmail.com>  
To: nuevavizcaya.depedro2@gmail.com



Wed, May 12, 2021 at 12:57 PM

Dear Reader,

It has been more than a year since our fight against coronavirus started. I could only imagine the stress, anxiety, and psychological toll it has on everyone. Yet I hope most of your staff are enduring well.

As a way to help teachers and our country's Department of Education in my own small way, I would like to forward these amazing articles that deal with common problems we are now facing like pandemic fatigue, economic woes, challenges of distance learning for those with kids, and depression. The materials are from the world's most translated and reliable website, [www.jw.org](http://www.jw.org). I hope the following information will be helpful to you and your office. Yes, feel free to forward this email to others you know in the medical field.

<https://www.jw.org/en/bible-teachings/peace-happiness/bible-about-worry/>

<https://www.jw.org/en/bible-teachings/questions/bible-about-pandemics-disease/>

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

<https://www.jw.org/en/bible-teachings/family/live-on-less/>

<https://www.jw.org/en/bible-teachings/peace-happiness/physical-mental-health/deal-with-isolation/>

<https://www.jw.org/en/bible-teachings/teenagers/ask/distance-learning/>

Don't hesitate to contact me as well if you would like to know more about the source website and how the Bible can help us maintain joy in spite of our situation.

\*09258021791 (WhatsApp and Viber enabled)

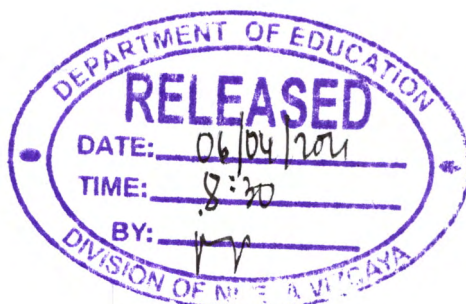
Respectfully,

Adrielle Ortiz

Nueva Vizcaya <nuevavizcaya@deped.gov.ph>  
To: Adrielle Ortiz <adrielleortiz1919@gmail.com>

Wed, May 12, 2021 at 2:02 PM

Acknowledged  
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ADVISORY		Date: 06-02-2021	Released (Records):
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<b>RACHEL R. LLANA, PhD., CESO VI</b>			
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