



Gender and Development BULLETIN

VOLUME 16 NO. 5
MARCH 2020

The Official Publication of Public Affairs and Communication Service on Gender and Development (GAD)

2020

Maximizing Time at Home During ECQ

President Rodrigo Roa Duterte quipped during his public address on March 12 when he declared Luzon under enhanced community quarantine (ECQ): *“Puwede kayong magbakasyon diyan lang sa bahay. I’m sure may mga bagay-bagay diyan sa bahay na hindi pa ninyo nakita.”*

Before the ECQ, most people complain of being too busy, not having ‘me time’, and putting off a lot of things. With the ECQ, almost everyone, except the heroic front liners, suddenly have so much time... but only in the limited space of one’s home.

Three women personnel of the DILG Central Office share to us how they cope with having all the time in the world yet only within the bounds of their home sweet home.

FOCUS ON WHAT REALLY MATTERS



What works for Jessica M. Baylon of the Internal Audit Service is focusing her mind and energy on what really matters, which is to ensure that the household is neat and clean to be #CovidFree.

“Lahat naman tayo ay nahihirapan sa sudden change na ito. Personally, in this trying time, what I am doing is focusing on what really matters. Right now, I supervise household activities. I see to it that every member of our household observes the protocol imposed by our authorities,” she shares.

The work-from-home set-up also helps her to take her mind off the coronavirus crisis. As for Riolyka Manalaotao of the Bureau of Local Government Development, she participates in free live classes of meditation and yoga on social media, does gardening, and watches Korean drama to keep her occupied.

LIMIT COVID-19 NEWS CONSUMPTION



The World Health Organization (WHO) says that part of coping with the stress during the COVID-19 pandemic is *“by lessening the time you and your family spend watching or listening to media coverage and social media that you perceive as upsetting.”*

“I only follow the official social media accounts such as the DILG Philippines for legitimate news to keep me informed,” says Baylon.

The mom-to-be Camille Ramirez-Martinez of the Public Affairs and Communication Service (PACS) advises that people should not absorb negative news and especially fake news encountered online.

“Ako po kasi iniwasan ko makabasa ng negative [news] online. May mga araw po na pinipigilan ko magscroll sa Facebook kasi alam natin kung gaano ka-toxic at frustrated ang ibang tao ngayon sa sitwasyon nila. Pati na rin po iyong mga negative comments ng mga tao sa government services. I skip them kasi minsan nakakahawa ang bad vibes.”

“Kasi sa panahon ngayon, hindi lang COVID-19 or physical health mo ang kailangan mong bantayan, kailangan aware ka rin sa status ng mental health mo,” she adds.

MAINTAIN A HEALTHY DIET



Some people sometimes turn to food when dealing with a highly emotional situation in their lives such as the COVID-19 crisis.

To ward off stress-eating, Baylon says, *“To keep myself and our family safe and healthy, I always see to it that we have fruits and vegetables. We try to avoid processed foods. When it comes to canned goods, I recook it with added fresh ingredients like vegetables.”*

Manalaotao does the same practice saying that *“kahit na may instant noodles and puro delata, we ensure na naglalagay kami ng greens at hindi sunud-sunod iyong consumptions ng processed food.”*

WHO-Europe says that some practices such as making a food plan; being strategic about the use of ingredients, prioritizing fresh products; preparing home-cooked meals; taking advantage of food delivery options; and being aware of portion size can help in eating healthy during the lockdown period.

FAMILY IS FOREVER



Being confined inside the house, people are compelled to interact with family members, which according to the United States Substance Abuse and Mental Health Services Administration, is key in coping with stress during infectious disease outbreaks. Social connection with friends and family, according to the said organization *“boosts people’s well-being.”*

Martinez says that she ensures to spare time to connect with family and friends by taking advantage of the perks of technology via virtual communication as it somehow gives her a sense of normalcy despite the unusual situation these days.

People have different ways to cope with the imposed lockdown but all three women, Manalaotao, Baylon, and Martinez, are one in saying that at the end of the day, our faith that God is in control and our unceasing prayers are surely helping us endure this crisis that we shall soon surpass. ■ **Xeph Garcia**

DILG-CO Quality Policy

We, the DILG-Central Office, imbued with the core values of Integrity, Commitment, Teamwork and Responsiveness, commit to formulate sound policies on strengthening local government capacities, performing oversight function over LGUs, and providing rewards and incentives. We pledge to provide effective technical and administrative services to promote excellence in local governance and enhance the service delivery of our Regional and Field Offices for the LGUs to become transparent, resilient, socially-protective and competitive, where people in the community live happily.

We commit to continually improve the effectiveness of our Quality Management System compliant with applicable statutory and regulatory requirements and international standards gearing towards organizational efficiency in pursuing our mandate and achieving our client’s satisfaction.

We commit to consistently demonstrate a **“Matino, Mahusay at Maasahang Kagawaran Para sa Mapagkalinga at Maunlad na Pamahalaang Lokal”**.