

PRESS RELEASE

PSA Cagayan Holds Discussion on Workplace Stress Management in Celebration of National Women’s Month

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Participants with the Resource Person Ms. Wandas and OIC Retoma

07 March 2025 – Tuguegarao City. The Philippine Statistics Authority – Cagayan Provincial Statistical Office (PSA Cagayan) successfully hosted a discussion on managing workplace stress at the PSA Cagayan Conference Hall on 07 March 2025. This initiative was part of the National Women’s Month celebration, reinforcing the importance of fostering supportive work environments that empower women and promote overall well-being.

The session provided a platform to address the challenges of workplace stress and its impact on both personal and professional life. Ms. Fritzie Jane D. Wandas, Rpm, RPsy, Psychologist I from the Department of




Social Welfare and Development Field Office II, led the discussion, sharing valuable insights on identifying stressors, implementing effective coping mechanisms, and building resilience among employees.

In her message, Officer-in-Charge Cristeta M. Retoma emphasized the significance of mental health in today's demanding work environment. *"Addressing workplace stress is vital, especially in a fast-paced setting. In line with National Women's Month, we aim to empower our female employees and foster a culture where mental health is prioritized and openly discussed,"* she stated.

The event featured interactive activities and breakout sessions, encouraging participants to share personal experiences and collaboratively develop practical stress-management strategies. The discussion not only reinforced the importance of a supportive workplace community but also highlighted available resources for employees seeking assistance.

Through initiatives like this, PSA Cagayan continues to advocate for employee well-being, ensuring a healthier and more resilient workforce.


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