



TAKE CARE OF YOUR MIND AND BODY: SIMPLE WAYS TO STAY MENTALLY STRONG

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Why Mental Wellness is Important

Health is not just about your body — your mind (isipan) needs care too.

Even if we don't offer mental health coverage, Metrocare believes in sharing tips to help you live a healthier and happier life.

Stress (Pagod sa isipan at damdamin), sadness (kalungkutan), and worries (pag-aalala) are part of life, especially for hardworking Filipinos. But too much stress can cause real problems, like headaches (sakit ng ulo), high blood pressure (altapresyon), stomach pain (pananakit ng tiyan), and poor sleep (hirap matulog).

Taking small steps to care for your mind also protects your body

Common Signs of Stress or Mental Strain

1. **Always tired or weak** (laging pagod o walang lakas)
2. **Difficulty sleeping** (hirap matulog)
3. **Easily angered or irritated** (mabilis magalit o mainis)
4. **Sadness that won't go away** (malalim na kalungkutan)
5. **Stomach aches, chest pains** (pananakit ng tiyan o dibdib)

Simple and Affordable Ways to Take Care of Your Mind

Get Enough Sleep

- Aim for 7–8 hours every night.
- Try relaxing (magpahinga) before bedtime — no cellphone before sleeping.

Talk to Someone You Trust

- A friend, a family member, or a co-worker.
- Sharing your feelings can lighten your load (gumaan ang pakiramdam).

Exercise or Move Your Body

- Walking (*paglalakad*), stretching (*pag-unat*), or dancing at home helps lower stress.

Take Breaks

- Rest for a few minutes during work.
- A short break can help you think more clearly (mas malinaw ang pag-iisip).

Eat Healthy

- Choose fruits, vegetables, and simple home-cooked meals.

Avoid Too Much Alcohol or Smoking

- These may seem to relax you but cause more harm later.

When to Seek Help

- If sadness, fear, or anger lasts for more than 2 weeks
- If you can't sleep or eat properly
- If you feel hopeless (pakiramdam na nawawalan ng pag-asa)

Go to your Barangay Health Center or nearest clinic for basic counseling (payong medikal).

While **Metrocare** does not currently cover mental health treatments, we remain committed to promoting your total health — mind and body. Rest assured, this will be part of our future offerings.

We encourage regular check-ups to catch physical illnesses early, especially those caused by too much stress.

Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Incorporated**, we understand the unique challenges that Filipinos face in staying healthy. As a trusted HMO serving workers across industries — especially contractual, project-based, and blue-collar workers — our mission is to deliver **accessible, affordable, and quality healthcare** solutions.

With over 25 years of expertise, Metrocare is proud to protect and promote the health of Filipino workers through comprehensive healthcare programs designed for their needs. Our preventive health initiatives, accessible network of healthcare providers, and commitment to affordability reflect our core values: honesty, efficiency, and service with heart.

Secure Their Health. Protect Your Peace of Mind. **Choose Metrocare.**



Disclaimer: This information is for general knowledge and informational purposes only, and does not constitute medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment.