



METROCARE
Health Systems, Inc.

Malusog na Isip, Ligtas na Trabaho: Mental Health Awareness

October 2026



October highlights the importance of **mental health (kalusugan ng isip)**. Workers across industries face daily stress from long hours, heavy workloads, noise, heat, financial responsibilities, and family demands. When unmanaged, stress can affect sleep, focus, mood, and overall health.

This bulletin explains common signs of stress, practical steps to manage it, and when to seek help.

Common Signs of Stress and Mental Fatigue

1. **Difficulty Sleeping** (Hirap Matulog)

Stress may cause sleeplessness, light sleep, or waking up often at night.

2. **Irritability or Mood Changes** (Pagka-irita o Pagbabago ng Ugali)

Small problems may feel overwhelming or trigger quick anger.

3. **Lack of Focus** (Hirap Mag-concentrate)

Trouble completing tasks or remembering instructions.

4. **Body Symptoms** (Sintomas sa Katawan)

Headache, body pain, palpitations (mabilis na tibok ng puso), and loss of appetite.

Why Mental Health Matters for Workers

- Stress affects decision-making and safety on the job.
- Weakens the **immune system** (panlaban ng katawan), making workers prone to sickness.
- Causes emotional strain that affects relationships at home and work.
- Can impact long-term health if ignored.

Six Healthy Habits to Manage Stress



Take Short Breaks During Work



Practice Deep Breathing (Malalim na Paghinga)



Maintain Regular Sleep Hours



Stay Active



Talk to Someone You Trust



Avoid Excessive Alcohol and Energy Drinks

If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Inc.**, we understand the everyday health challenges that many Filipinos face. As a trusted HMO serving workers across industries, especially contractual, project-based, and blue-collar employees, our mission is to provide healthcare that is accessible, affordable, and reliable.

With over 25 years of expertise, Metrocare continues to protect and promote the well-being of Filipino workers through healthcare programs designed around their real needs. Our preventive health efforts, our accessible network of facilities, and our commitment to honest and efficient service reflect our goal to support every member with genuine care.

This is the kind of care we offer. **Alagang 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.