



Mission In Motion

Health & Wellness Weekly Bulletin

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You're not sick, you're stressed

You may think illness is to blame for that nagging headache, your frequent forgetfulness and your decreased productivity at work. Stress may be affecting your health, and you may not even realize it. The truth is stress symptoms often mimic symptoms of other health problems, and these symptoms can affect your body, your thoughts, feelings and your behavior. Recognize common stress symptoms—then take steps to manage them.

Source: American Psychological Association



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