



Health and Wellness Tip of the Week - Week 14

April 7, 2014

Monthly Topic

Communicate tips to handle stress during Stress Awareness Month in April.



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630

Worry That Lasts

Do you have worry that lasts and causes problems with daily living? You may have generalized anxiety disorder (GAD). Here are some signs of GAD:

- Sleep problems
- Tiredness and a bad mood
- Trouble focusing
- Endless worry about big or little things
- Tense or aching muscles
- Shaking or feeling jumpy
- Sweating, unsettled stomach or loose stools
- Shortness of breath or rapid heartbeat

If you see these signs, see a behavioral health professional right away.

Source: Mental Health America