



# Health and Wellness Tip of the Week - Week 15

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

**April 14, 2014**

## Sharpen Your Chill Skills

Stress is a fact of life, whether you face a hectic day, loss of a job, illness or hear about scary world events. It may seem hard to chill out when worry strikes. But handling stress can help protect your health and well-being. Take these steps to calm stress:

- Take part in mood-boosting exercise daily, such as a brisk 30-minute walk.
- Stay connected with supportive family, friends and community or religious groups.
- Focus on what you have done, not what you haven't.
- Make time for fun, relaxing pursuits.
- Get regular care for any health problems.
- Eat healthful, balanced meals.
- Relax through yoga, stretching or other programs.

Seek professional help if you can't cope, are abusing substances, or have suicidal thoughts.

*Source: National Institute of Mental Health*



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