

Health and Wellness Tip of the Week - Week 37

Monthly Topic

August is Stress Management Month. It's the perfect time to remind employees about the importance of coping with stress.

September 14, 2015

Put The Brakes On Stress

Running on empty?

After creeping through the morning traffic jam, you're late for work only to find that your computer has crashed and you have a presentation within the hour.

The pounding pulse, sweaty hands and throbbing head begin. Left unchecked, stress can:

- 👉 Increase cortisol to unhealthy levels
- 👉 Raise blood pressure, cholesterol and triglycerides
- 👉 Make you more susceptible to depression and anxiety
- 👉 Worsen skin conditions
- 👉 Trigger asthma attacks
- 👉 Affect memory function

Source: Mayo Foundation for Medical Education and Research



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