

# Health and Wellness Tip of the Week - Week 38

## Monthly Topic

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

September 21, 2015

## How To Manage Stress

There are easy and enjoyable ways to minimize stress.

Some ways include:

- 🌟 Pursuing a hobby
- 🌟 Using daily relaxation techniques (deep rhythmic breathing, stretching or meditation)
- 🌟 Becoming involved in a social or activity group that meets regularly
- 🌟 Finding someone to listen to you or writing down what you feel



*Source: BCBS*

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