

Health & Wellness

Tip of the Week

September is all about **Stress Management**. It is the perfect time to remind you about the importance of controlling your stress levels.

Week 39
September 26, 2016

When It Comes To Your Body, Your Mind Matters

Many people in the U.S. are discovering the link between good mental and physical health. It's often called the mind-body connection since your body reacts to the way you think, feel and act. And your emotional health benefits when you take care of your body. Want to help your mental and physical health? Try these ideas:

- Express your feelings in the right ways rather than keeping them inside.
- Live a balanced life by reducing things that cause you stress and adding fun things.
- Build resilience to cope with stress in a healthy way.
- Calm your mind and body using deep breathing or meditation.
- Eat healthy meals, get plenty of sleep and work out regularly.
- Avoid overeating and don't misuse drugs or alcohol.

Sources: American Academy of Family Physicians; American Psychological Association



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