

A photograph of wooden blocks spelling out the word "STRESS" on a wooden surface. The blocks are arranged in a row, with some scattered around. The background is a dark blue rectangle containing the text.

Health and Wellness

Tip of the Week

Week 14 – April 1, 2019

Recognizing Stress

Whether you feel stress at work, at home or from something else in life, there are ways to spot and cope with stress. The first step is to know the effects of a stressful event and how to counteract them.

A few symptoms of stress are:

- Tension and irritability
- Fear and worry about the future
- Loss of interest in normal activities
- Loss of appetite
- Anger
- Greater use of alcohol and drugs
- Sadness and other traits of depression
- Trouble sleeping
- Headaches, back pains and stomach problems

If you have any of these traits after a stressful event, find support to help you deal with them and start feeling better soon.

Source: Centers for Disease Control and Prevention

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

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