



Health and Wellness Tip of the Week Week 17 – April 22, 2019

Stress and Work

Work can be a big source of stress in our lives. One-fourth to one-third of U.S. workers report high levels of stress at work. If you feel overwhelmed during the day, be sure to use healthy stress management tools and exercises to relax. When you start to feel stressed, remember to stop and take a few deep breaths to calm yourself.

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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