

## **Taking Care of Yourself**

To stay healthy and handle stress, it's important to take care of yourself. Talk to your doctor about what changes you can make to help curb tension.

- Eat a healthy, balanced diet
- Exercise often
- Get plenty of sleep
- Take a break when you're stressed
- Maintain a normal routine, trying not to change your schedule too often

Source: Centers for Disease Control and Prevention

## **City of Mission**

Human Resources Department 1201 E. 8<sup>th</sup> Street Mission, TX 78572 956-580-8631 Our mission is to promote health awareness and encourage healthy lifestyles.

www.missiontexas.us

