



# Mission In Motion

## Health & Wellness Weekly Bulletin

December 2012—Stress Management



### December 17, 2012: Week 3

#### Manage stress, don't let it manage you



Stressful events are a fact of life, but you can take steps to manage the impact these events have on you. You can start by:

- Identifying what stresses you
- Learning how to control stress-inducing circumstances
- Taking care of yourself physically and emotionally when you face events you can't control through strategies like exercise, relaxation techniques, healthy nutritional choices, social support networks and professional psychotherapy

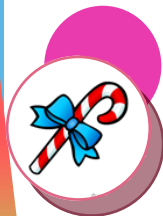
Source: Mayo Clinic



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**STRESSED  
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