

Health and Wellness Tip of the Week - Week 36

Monthly Topic

August is Stress Management Month. It's the perfect time to remind employees about the importance of coping with stress.

September 7, 2015

Stress Relief

Stress is a normal response to life's situations; even good events can cause stress. And stress isn't always a bad thing. It's what helps you react quickly when you have to stop all of a sudden in traffic or wake up quickly when you smell smoke. But great stress – or even low-level stress over an extended time – can cause problems ranging from fatigue to heart disease and obesity. The way you handle stress determines how it impacts you.

Try these healthy ways to take charge of stress:

- 🌻 Take care of yourself: Eat right, get plenty of sleep, drink lots of water and stay active.
- 🌻 Make time for yourself: Relax with a good book or listen to music.
- 🌻 Reach out for support: Talk to your friends and family.

If you still feel overwhelmed by stress, talk to your doctor or a behavioral health professional.

Sources: American Psychological Association; Mayo Clinic



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630