

Health & Wellness

Tip of the Week

September is all about **Stress Management**. It is the perfect time to remind you about the importance of controlling your stress levels.

Week 38
September 19, 2016

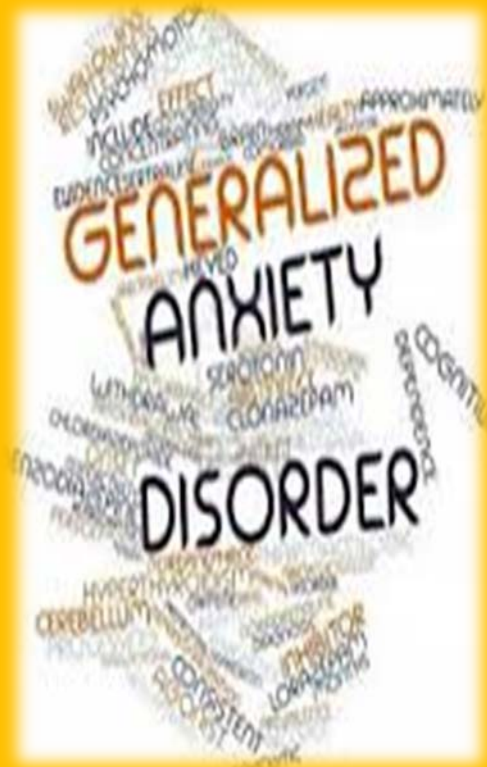
Worry That Lasts

Do you have worry that lasts and causes problems with daily living? You may have generalized anxiety disorder (GAD). Here are some signs of GAD:

- Sleep problems
- Tiredness and a bad mood
- Trouble focusing
- Endless worry about big or little things
- Tense or aching muscles
- Shaking or feeling jumpy
- Sweating, unsettled stomach or loose stools
- Shortness of breath or rapid heartbeat

If you see these signs, see a behavioral health professional right away.

Sources: American Academy of Family Physicians; American Psychological Association



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