

# City Of Mission's



## *Live Well, Work Well*

**September 2017** Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Stress Management.

### What is Stress?

*We all feel stressed from time to time. Sometimes stress can be a good thing, like the stress of working on a deadline can motivate us to finish a task. But stress can be a bad thing, too. Large amounts of stress can weaken our bodies and make us more likely to become sick.*

Stress is what you feel when you react to pressure. Many things can cause stress, such as work, relationships, health issues, death, divorce or moving. Stress is a normal reaction and is caused by your body's instinct to protect itself.

Stress can sometimes cause health problems or make them worse. Knowing how your body shows stress can be the first step in making a stress-related problem better. Here are some possible signs of stress:

- ✓ Anxiety or worry
- ✓ Back pain
- ✓ Constipation or diarrhea
- ✓ Depression or sadness
- ✓ Feeling very tired
- ✓ Headaches
- ✓ High blood pressure
- ✓ Problems sleeping
- ✓ Problems with relationships
- ✓ Hard time breathing
- ✓ Stiff neck or jaw
- ✓ Stomach Pain
- ✓ Weight gain or loss



When feeling stressed, some people develop habits to help them relax. The most common habits include cigarette smoking, drinking, unhealthy eating and inactivity, which can harm your health.

Eating or drinking too much, or smoking, do not help your stress level and can damage your health. Stress has been linked to heart disease, cancer, depression and suicide. Some ways to manage stress include:

- ✓ Exercise is one of the healthiest ways to deal with stress. Whether you like to play volleyball after work or walk during your lunch hour, the act of moving your body is a great way to improve your mood and relieve stress.
- ✓ Talking or writing about your feelings is another way to relieve stress. You can talk to family members, relatives or a trained therapist. You can also write your feelings in a journal.
- ✓ Get away from you. While a nice long vacation is often a good stress reliever, most people can also benefit from a hobby. Spend time doing something that you like to take your mind off of stress.
- ✓ Relax. Activities such as yoga, meditation, listening to music and breathing exercises can help calm your mind and relax your body.

Source: The American Heart Association

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**Next Month's Issue:**

**Breast Cancer  
Awareness**



# Stress Triggers

Stress is your body's natural defense mechanism. This can be good in emergencies, such as getting out of the way of a speeding car. But stress can cause physical symptoms, and even cause or worsen health problems, if not managed correctly when responding to life's daily challenges and changes. And no one likes to feel anxious, afraid, worried and uptight from out-of-control stress.

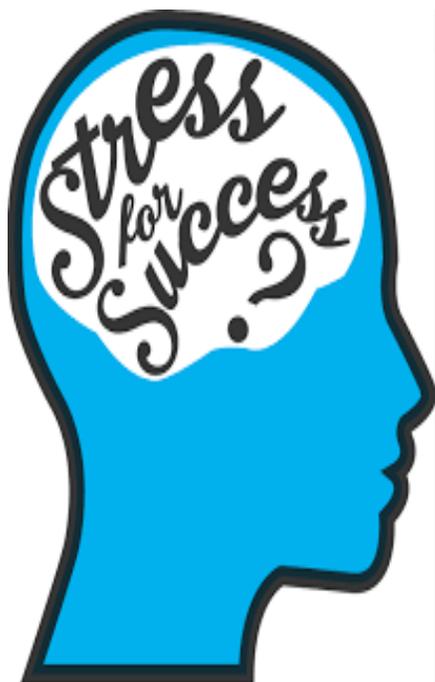
What changes may cause stress? Any type of change can make you feel stressed, even good change. It's not just the change or event itself, but also how you react to it that affects your stress level. For example, one person may not feel stressed by retiring from work while another may feel stressed.

Common stress triggers include being laid off from your job, a child leaving or returning home, death of a spouse, divorce or marriage, illness or injury, a job promotion, financial problems, moving, or having a baby.

*Source: American Academy of Family Physicians*



## Stress For Success



The first step in dealing with stress is learning to recognize it. Early warning signs of stress include tension in your shoulders and neck, or clenching your hands into fists.

Next, choose a way to deal with your stress. One way is to avoid the situation that leads to your stress. This may not be possible, but you can change how you react to stress. Here are some tips that can help:

- ✓ Don't worry about things you can't control
- ✓ Prepare for events that you know may be stressful, like a job interview.
- ✓ Try to view change positively rather than as a threat.
- ✓ Work to resolve conflicts with other people.
- ✓ Seek help from family, friends or professionals if needed.
- ✓ Set realistic goals at home and at work.
- ✓ Exercise regularly.
- ✓ Eat well-balanced meals and get enough sleep.
- ✓ Meditate by practicing relaxation training, stretching or deep breathing.
- ✓ Escape from daily stresses with group sports, social events and hobbies.

If you're experiencing stress symptoms, talk to your family doctor to rule out any other health problems that may be causing them. Your doctor can also give you more good advice on keeping your stress under control.

*Source: American Academy of Family Physicians*

# Question & Answer



## How can stress cause so many diseases?

**Answer:** Many of these effects are due to increased sympathetic nervous system and an outpouring of adrenaline, cortisol and other stress-related hormones. Certain types of chronic and more insidious stress due to loneliness, poverty, bereavement, depression and frustration due to discrimination are associated with impaired immune system resistance to viral linked disorders ranging from the common cold and herpes to AIDS and cancer. Stress can have effects on other hormones, brain neurotransmitters, additional small chemical messengers elsewhere, prostaglandins, as well as crucial enzyme systems, and metabolic activities that are still unknown. Research in these areas may help to explain how stress can contribute to depression, anxiety and its diverse effects on the gastrointestinal tract, skin and other organs.

## Why is stress now different and more dangerous?

**Answer:** Contemporary stress tends to be more pervasive, persistent and insidious because it stems primarily from psychological than physical threats. It is associated with ingrained and immediate reactions over which we have no control that were originally designed to be beneficial such as: hear rate and blood pressure soar to increase the flow of blood to the brain to improve decision making, blood sugar rises to furnish more fuel for energy as the result of the breakdown of glycogen, fat and protein stores, blood is shunted away from the gut, where it is not immediately needed for purposes of digestion, to the large muscles of the arms and legs to provide more strength in combat, or greater speed in getting away from a scene of potential peril, clotting occurs more quickly to prevent blood loss from lacerations or internal hemorrhage.

# Puzzle



**Congratulations to last month's winner:**

**Paula Banda  
City Secretary**

B K T Z S Y G R B M C C D H T  
 I A A R L U E O A C O C E E E  
 M F L I O T O N A N Q I A L N  
 G T M A H P A R T L Z R D P S  
 J A F G N G P R E F S K L E I  
 F X U E E C O U L G K L I Y O  
 G A X M N L E E S L N A N S N  
 L C E W O R K L I F E A E R E  
 V N S E I R A D N U O B D E T  
 T O S R Q J V W O R R Y G G A  
 R X S O K S S L F I A H K G T  
 J A E D M E S I C R E X E I I  
 B A R R I E R S Q E G X Q R D  
 Q P T W U C S H P U M S J T E  
 S L S X W D E X A L E R F E M

- |           |          |            |            |
|-----------|----------|------------|------------|
| Balance   | Barriers | Boundaries | Control    |
| Dangerous | Deadline | Exercise   | Family     |
| Goals     | Help     | Laughter   | Management |
| Meditate  | Relaxed  | Stress     | Support    |
| Work life | Worry    |            |            |

**Complete the puzzle and turn it in to Human Resources by September 15, 2017 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!**

# Let's Get Moving!

## Move Of the Month:

### September Strength Challenge

For the month of September, try this 30 Day super strength challenge!

September Strength Challenge						
Strengthening our upper bodies						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Tricep Dips-10 Crab Touches - 10 each leg	2 Burpees push up-5	3 Bicep Curls-10 Sumo Squat 10	4 Shoulder Press w/ Back Lunge- 10 Right, 10 left	5 Rest-Eat a fruit or vegetable at EVERY meal	6 Tricep Dips-15 Crab Touches- 15 each leg	7 Burpees-10
8 Bicep Curls-15 Sumo Squat	9 Shoulder Press- 15 each arm Back Lunge	10 Rest-Plan 30 min of you time	11 Tricep Dips-20 Crab Touches- 20	12 Burpees-15	13 Bicep Curls (Increase wt!)-w Sumo Squat-8	14 Shoulder w lunge (Increase wt!)-8 each side
15 Rest-Read something inspiring	16 Tricep Dips-25 Crab Touches- 25	17 Burpees-20	18 Bicep Curls-10 Sumo Squat	19 Shoulder Press w back Lunge- 10	20 Rest Try a new fruit or vegetable	21 Tricep Dips-30 Crab Touches
22 Burpees-25	23 Bicep Curls-15 Sumo Squat	24 Shoulder lunge- 15	25 Rest-stretch	26 Tricep Dips-35 Crab Touches	27 Burpees-30	28 Bicep & Sumo (Increase wt!)-6- 8
29 Shoulder Press Lunge (increase wt!)-6-8 rep max	30 Finale Burpee Tuck Jumps-35					

# Go From Feeling Taxed to Relaxed

The demands of career and personal life are challenging every day. Even more challenging is finding ways to reduce stress and maintain balance in these key areas. Whether you focus on work too little or too much—either way, your mental and physical health can suffer.

**Consider these reasons why the boundaries between work and personal life have blurred:**

**Pressure Packed** – Most companies are looking to do more with less. As a result, today’s workforce is feeling the squeeze of working longer hours to ensure job security in a competitive marketplace.

**The Technology Leash** – Technology has opened the ability for employees to work from home, their cars and even on vacation. Some feel pressured to stay connected to work through technology, wherever they are.

**Family Affair** – Today’s married workers are often part of dual-career couples. When both spouses work outside the home, it can be difficult to meet commitments to family, friends and community.

**Draw the line between work and personal life.**

**Track your time** - Track work-related and non-work-related activities for a week. Decide what is necessary and enjoyable, and ask for help with any activities that someone else could do to free up your time.

**Time Difference.** Practice time management and take a new approach when organizing household chores. Wash one or two loads of laundry every day rather than saving it all for your day off. Or run errands in batches rather than going back and forth several times. Keep a weekly family calendar of important dates and a daily list of to-dos to help avoid deadline panic.

**Dust—only if you must.** Accept that your house may not be sparkling clean like the ones you see in TV commercials. Ask everyone in your home to help with household chores. Do what you can and then relax.

**Make your day.** Work a little harder to complete your routine chores during the workweek so you can enjoy your days off and have some fun. Encourage everyone else at home to do the same.

**Help Wanted.** Create a support system so you have a friend, coworker or family member to talk with when you are stressed or feeling down. Also, look for help and support from community and religious organizations.

*Source: Mayo Foundation for Medical Education and Research*

## Address Your Stress

Apply these goal-setting tips to help you choose the kind of goals that will lead you toward stress management success.

- ✓ **Define specific goals.** Identify specific long and short-term goals that will help you reduce stress in your daily life. People who set specific goals are more likely to succeed.
- ✓ **Keep it simple and realistic.** Goals should be simple and realistic to reach. For example: “I will go to bed 30 minutes earlier than my normal bedtime each night.” When you set your goals, try not to expect to make a lot of big changes at once.
- ✓ **Put it in writing.** Write down what you want to achieve and post it in a place where you will see it each day. Use positive terms when writing your goals. For example, change “I will stop going to bed late every night.” To “I will go to bed earlier tonight.” Every day, claim that goal again.
- ✓ **Develop an action plan.** Create a timeline and list the steps that will help you achieve your goal. Set deadlines for each step. Start with goals that can be accomplished in a short amount of time. As you complete the steps, cross them off your list for an immediate sense of accomplishment.
- ✓ **Ask for help.** Let your family and friends know what you are trying to achieve and ask for their support. A little encouragement can give you the boost you need to succeed.

*Source: Substance Abuse and Mental Health Services Administration*

## Effects of Chronic Stress

Stress is not a good look or feeling. Take the proper precautions, learn your stressors, and manage your stress effectively.

**Mouth** – Mouth ulcers and excessive dryness of the mouth are often symptoms of stress.

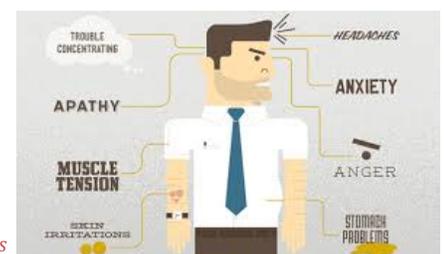
**Muscles**- Spasms, pain in the neck and shoulders, lower back pain, and various minor muscular twitches and nervous tics are more noticeable under stress.

**Reproductive organs** – Stress affect the productive system and can cause menstrual disorders and infections in women, and impotence in men.

**Skin** – Some individuals react to stress with outbreaks of skin problems such as eczema and psoriasis.

**Hair** – High stress levels can cause excessive hair loss and baldness.

*Source: American Institute of Stress*



# Healthy Recipe

## Creamy Chocolate Date Mousse

Satisfy your sweet tooth with this unique chocolate mousse, packed with flavor and some surprising healthy foods: avocado and medjool dates. Avocado is high in fiber and heart-healthy omega-3 fats while Medjool dates have more fiber, calcium and potassium. Their natural sweetness combined with light and creamy coconut milk blends into the perfect healthy dessert.

## Makes 4 Servings

Per serving: **288 calories, 11 g total fat, 50 g carbohydrate, 2 g protein, 7 g dietary fiber, 3 mg sodium**



## Ingredients:

- ✓ 8-10 Medjool dates, pitted
- ✓ ½ cup light coconut milk, canned + ¼ cup water
- ✓ 1 ripe avocado, peeled
- ✓ ¼ cup unsweetened cocoa powder
- ✓ ¼ cup semi-sweet chocolate chips, melted

## Directions:

1. Chop the dates into small pieces.
2. Add chopped dates, coconut milk, and water into a blender or food processor and blend until smooth.
3. Add the avocado, melted chocolate chips, and cocoa powder. Blend again until creamy.
4. Pour into four small ramekins or bowls.
5. Chill in the fridge for at least 1-3 hours (or even overnight).

## Last Month's Events

Our Community coming together to help those in need!



Stress Management Lunch and Learn – September 21, 2017

Stress Management Seminar September 27 - 29

## Save the Date!