

## *Emotional Wellness Month Proclamation*

*Whereas* mental and emotional stress can translate into negative physical reactions, a weakened immune system, and poor health. All Americans face challenges in life that can impact their emotional well-being; and

*Whereas* Emotional Wellness Month, observed all October, reminds us to disconnect and take a time out for our brain. “Emotional Wellness” refers to our ability to process feelings in a healthy, positive way and manage the stress of everyday life; and

*Whereas* isolation, sickness, grief, job loss, food instability, and loss of routines has increased emotional turmoil which has heightened the need for mental health services. A 2011 Harvard University study concludes that simple meditation and mindfulness can help improve memory, learning, compassion and self-awareness; and

*Whereas* high levels of stress can lead to physical complications like high blood pressure, headaches, and even chronic conditions like diabetes; and

*Whereas* the National Institutes of Health suggest that the road to emotional wellness can begin simply by brightening your outlook on life and learning to cope with stress; and

*Whereas* additional mechanisms to achieve emotional wellness include getting quality sleep, learning to cope with loss and strengthening social connections.

*Now therefore, be it proclaimed* that the Hidalgo County Commissioners Court hereby recognizes the month of October as an Emotional Wellness focus and encourages all to practice self-care habits along with moments of incorporated relaxation time in order to prevent emotional instability.

***Approved this 5<sup>th</sup> day October 2021.***

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**RICHARD F. CORTEZ**  
County Judge

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**DAVID L. FUENTES**  
County Commissioner, Pct. 1

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**EDUARDO “EDDIE” CANTU**  
County Commissioner, Pct. 2

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**EVERARDO “EVER” VILLARREAL**  
County Commissioner, Pct. 3

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**ELLIE TORRES**  
County Commissioner, Pct. 4

Attest: \_\_\_\_\_  
**ARTURO GUAJARDO, JR.**  
County Clerk