

*Proclamation declaring November 3rd
National Stress Awareness Day*

Whereas National Stress Awareness Day is on the first Wednesday in November. This proclaimed day aims to bring awareness in identifying and reducing stress factors in your life; and

Whereas everyone has stress and some stress is actually beneficial. It helps us to respond to changes in life. Stress is our body's way of protecting itself from harm. However, too much stress may affect our health and relationships; and

Whereas identifying the stressors that impact our physical and mental health is important. Sometimes, health problems are the cause. But our health can also be affected by external stressors such as physical abuse, stressful work environments, financial stress, or other related health issues; and

Whereas once we identify the causes of stress in our lives, we can begin to eliminate or reduce stress. Some tools that help in reducing stress include developing coping skills for anxiety; identifying and letting go of the things you cannot change; exercising to help let go of built-up anxiety; and eating a balanced diet in order to fuel your body.

Now therefore, be it proclaimed that the Hidalgo County Commissioners Court hereby declares November 3rd as National Stress Awareness Day and encourages the community to develop a routine to help lessen the tension that derives from stress. If you're struggling with a high amount of stress in your life, please seek help by speaking to your doctor or check into an assistance program designed to help individuals find balance in their lives.

Approved this 2nd day of November 2021.

RICHARD F. CORTEZ
County Judge

DAVID L. FUENTES
County Commissioner, Pct. 1

EDUARDO "EDDIE" CANTU
County Commissioner, Pct. 2

EVERARDO "EVER" VILLARREAL
County Commissioner, Pct. 3

ELLIE TORRES
County Commissioner, Pct. 4

Attest: ARTURO GUAJARDO, JR.
County Clerk