

## *Proclamation declaring April as Stress Awareness Month*

*Whereas* stress is normal and affects everyone. Not all stress is bad, but long-term stress has a harmful impact on your physical and mental health; and

*Whereas* according to the National Institute of Mental Health, "stress can motivate people to prepare or perform and might even be life-saving in some situations"; and

*Whereas* stress Awareness Month is a national, cooperative effort that has been an ongoing campaign since 1992 to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society"; and

*Whereas* people under stress – especially those prone to chronic stress — are more susceptible to a variety of ailments, from headaches and insomnia to high blood pressure and heart disease; and

*Whereas* one of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet; and

*Whereas* another way to battle the debilitating effects of stress is to exercise. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.

*Now therefore, be it proclaimed* that the Hidalgo County Commissioners Court hereby declares April as Stress Awareness Month and encourages the residents of Hidalgo County to inform themselves about stress management including the need for regular exercise and meditation.

***Approved this 19<sup>th</sup> day of April, 2022.***

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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

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