

*Proclamation recognizing April as  
National Stress Awareness Month*

*Whereas* there is no single definition of stress, but the most common explanation is a physical, mental or emotional strain or tension; and

*Whereas* some common reactions to stress include disbelief, shock, numbness, sadness, frustration and helplessness; and

*Whereas* stress can manifest in ways that make it difficult to concentrate or make decisions, headaches, back pains and stomach problems; and

*Whereas* experts acknowledge that not all stress is bad, but that long-term stress may have harmful impacts on physical and mental health; and

*Whereas* a key component of stress awareness is recognizing symptoms of stress, including irritability, anger, feelings of uncertainty, lack of motivation, feeling tired, having trouble sleeping or concentrating; and

*Whereas* factors that may help manage stress include talking openly about stress in the workplace; identifying those things you can control and those things beyond your control; keep a regular sleep schedule; take breaks from work to stretch, exercise and check in with family; spend time outdoors; practice mindful techniques; and

*Whereas* the theme of this year’s Stress Awareness Month is “Anxiety,” the ongoing feeling of fear and danger that can have additional negative consequences on one’s physical and mental wellness; and

*Whereas* several entities are equipped to help with stress management such as the 988 Suicide & Crisis Lifeline; National Domestic Violence Hotline and Employee Assistance Programs

*Now therefore, be it proclaimed* that the Hidalgo County Commissioner’s Court hereby recognizes the month of April as National Stress Awareness Month and encourages the community to recognize the potential debilitating effects of stress as well as actively begin techniques to help manage stress.

**Approved this \_\_ day of April, 2023.**

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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