

Hidalgo County

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 5th day October 2021.



Richard F. Cortez

RICHARD F. CORTEZ
County Judge

David L. Fuentes

DAVID L. FUENTES
County Commissioner, Pct. 1

Eduardo "Eddie" Cantu

EDUARDO "EDDIE" CANTU
County Commissioner, Pct. 2

Everardo "Ever" Villarreal

EVERARDO "EVER" VILLARREAL
County Commissioner, Pct. 3

Ellie Torres

ELLIE TORRES
County Commissioner, Pct. 4

Arturo Guajardo, Jr.

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