

Hidalgo County

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 18th day of April, 2023.



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