


# 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 5<sup>th</sup> 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