

Amanda Silva

Hidalgo County Wellness Program Champion of the Month

Amanda Silva believes laughter to be the best medicine. She recites part of a verse from the Bible, “‘A cheerful heart is good medicine,’ and that comes from Proverbs. I think it’s good to have laughter in your life.”

She is highly aware it may not be as easy for some to find laughter, but it has worked for her.

Silva was raised in a large family with 10 brothers and sisters. With many kids in a household, she described being silly with her siblings and the hardship of being in a large family.

“We were very poor, but we laughed a lot,” she chuckled, her eyes tearing up. “We were very minimal on what we had, but what I remember us as a family is that we were happy.”

Silva highly credits her upbringing being the source of her healthy lifestyle. The food her parents provided was strictly portioned to feed the family.

“We were a large family. We didn’t have a lot of food and whatever we had, it was in smaller portions. So I think growing up, I always stuck with that,” Silva said.

She remembers being in her early-20s during the aerobics fad of the 1980s. Silva was working at an optical office with female co-workers her age and after work, they would all go to an aerobics class around three times a week.



Amanda Silva **Administrative Assistant at Veteran Services**

“That’s kind of embarrassing now,” she said with a burst of laughter. “I always kept active whether it was on a stationary bike and doing sit-ups.”

Silva has been happily married for 33 years and has two sons, now in their 20s. She mentioned that her family has lived an active lifestyle.

She started working for Hidalgo County 15 years

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“I think laughter helps a lot. It's worked out having my friends, my sister, and the meditation after work.”

Know someone who should be a Wellness Champion? Nominate them!



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ago. Silva started at the Treasurer's Office. And since 2013 she has been employed with the Veteran Services, where she is currently an administrative assistant.

When the Employee Wellness Program was established four years ago, Silva heard about the free fitness classes at the Precinct 2 Indoor Sports Complex in Pharr.

“My friend and I would go,” she said. “Right after work”.

Silva has her own after-work routine now. She says she likes to take the time to destress when she gets home and meditates.

“After that, I’ll go and get on the elliptical for 10-15 minutes,” she said.

Meditation plays a role in helping with her mental health. Silva also believes it’s important to get together with loved ones from time to time as a way to destress.

“I have my support group – my sister, my nieces, and a couple of friends – we get together and we talk about life,” Silva smiled.

Something Silva will talk about with her support group is what she learned during some of the Deer Oaks Employee Assistance Program webinars. A topic discussed during a webinar some time ago is still fresh in her mind.

“The one on menopause [in the workplace]. That one caught my attention,” she said. “That’s what we talk about since we’re all at that age. So we kind of share, it’s not just you. It’s not in your head. So this is what’s going on with your body. There’s just so much that I think when you talk about it, it helps. Those hot flashes are for real!”

Silva continued to say menopause should not be a taboo subject. All women eventually go through it and shouldn’t be

scared or embarrassed to talk about it.

The motivation she gains from her friends and family, Silva shares at work. A colleague says she encourages others to drink plenty of water and go on walks.

Silva described that working at the Veteran Services Office is very motivating. She really enjoys what she does at work.

“I’m not a veteran, but the people who walk into the office are, or their dependents or surviving spouses. I didn’t get to serve my country, but I feel [work] is allowing me to give back to the women and men who served.”

With the mental health and wellness resources available to employees provided by Hidalgo County, Silva hopes people can take the first step towards bettering themselves even if it may be tough.

“I try to stay positive and keep pushing forward. I know some of us have it better than others or worse than others,” Silva said. “We just have to encourage each other. There are resources here.”

In addition to encouraging one another, she really wants everyone to remember to laugh.

