

WHEREAS; the Oxford English Dictionary defines self-care as “the practice of taking an active role in protecting one’s own well-being and happiness, in particular during periods of stress”; and

WHEREAS; important self-care principles include acknowledging that individuals must take care of themselves before they can take care of others, knowing and recognizing one’s worth, and striving for a healthy work-life balance; and

WHEREAS; Self-Care Awareness Month can be observed by incorporating self-care techniques into daily life, including practicing self-love and kindness, listening to music, meditating, spending time outdoors, or simply taking time for oneself; and

WHEREAS; knowing when to ask others for help, especially when it comes to matters of mental and physical health, is critical for implementing effective self-care practices; and

WHEREAS; understanding how stress can affect an individual and being aware of the physical symptoms that stress can manifest, such as headaches, low energy, upset stomach, aches and pains, and insomnia, is key to discovering techniques to reduce stress and improve well-being; and

WHEREAS; this month, the state of Wisconsin encourages all individuals to take the opportunity to reflect on their health and recognize that practicing self-care can be a critical tool in building resilience and improving mental and physical health;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,  
do hereby proclaim September 2024 as

## **SELF-CARE AWARENESS MONTH**

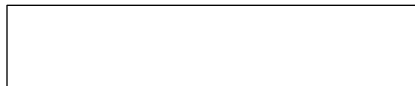
throughout the State of Wisconsin and I commend this observance  
to all our state’s residents.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 23rd day of August 2024.



TONY EVERS, Governor

By the Governor:



SARAH GODLEWSKI, Secretary of State