

WHEREAS; building resilience—the ability to adapt and recover from adversity—within ourselves, our relationships, and our communities, matters; and

WHEREAS; trauma and toxic stress are both a risk factor for, and a painful consequence of, some of Wisconsin’s most complex public health challenges; and

WHEREAS; when we build resilience, we take a step closer to healthier future for all of us; and

WHEREAS; Resilient Wisconsin is a new statewide initiative from the Wisconsin Department of Health Services that aims to provide Wisconsinites with the tools we can all use to build resilience; and

WHEREAS; the beginning of 2020 has presented unprecedented and unexpected challenges for all Wisconsinites, our communities, and our state; and

WHEREAS; COVID-19 has presented unique problems, especially for Wisconsinites already affected by anxiety, depression, trauma, toxic stress, and those who have other mental and behavioral health needs; and

WHEREAS; now more than ever, we are called upon to remember our Wisconsin values of kindness, respect, empathy, and compassion, not only in how we treat ourselves as we navigate these difficult times, but in how we treat our neighbors as we lean on and support each other during the COVID-19 pandemic; and

WHEREAS; supportive, healthy relationships are essential, especially in times of trial, and it is always okay to ask for help when we need it; and

WHEREAS; resilience does not mean having to endure challenges alone, but how we band together and grow into a stronger, more connected state in the face of these unprecedented challenges; and

WHEREAS; Wisconsin is resilient, and resilience is the way forward;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,
do hereby proclaim May 2020 as

RESILIENT WISCONSIN 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 21st day of April 2020.



TONY EVERS, Governor

By the Governor:



DOUGLAS LA FOLLETTE, Secretary of State