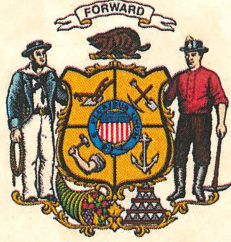


STATE of WISCONSIN



OFFICE of the GOVERNOR

Proclamation

WHEREAS; self-care can be defined as “the practice of taking an active role in protecting one’s well-being and happiness, in particular during periods of stress”; and

WHEREAS; in a world that demands so much of our energy and time, self-care is critical in maintaining one’s mental, emotional, and physical health; and

WHEREAS; important self-care principles include acknowledging that we must take care of ourselves before we can care for others, knowing and recognizing our worth, and striving for a healthy work-life balance; and

WHEREAS; Self-Care Awareness Month can be observed by taking time to incorporate self-care techniques into our daily lives, such as practicing self-love and kindness, taking walks, listening to music, connecting with a loved one, practicing meditation, or just taking time for one’s self; and

WHEREAS; understanding how stress affects us – and being aware of physical symptoms of stress, like headaches, low energy, upset stomach, aches and pains, and insomnia – can be key to learning what self-care techniques work best for us; and

WHEREAS; September provides the opportunity to reflect on our health and well-being and recognize that practicing self-care can be a critical tool in improving our mental and physical health, as well as an empowering step forward;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,
do hereby proclaim September 2019 as

SELF-CARE AWARENESS MONTH

throughout the State of Wisconsin and I commend this observance to all our citizens.



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 2019.

Tony Evers

TONY EVERS
GOVERNOR

By the Governor:

Douglas La Follette
DOUGLAS LA FOLLETTE
Secretary of State