

WHEREAS; self-care can be defined 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; especially as we adjust to – and work to overcome – the unprecedented challenges of the COVID-19 pandemic, practicing self-care has never been more critical to maintaining our mental, emotional, and physical health; and

WHEREAS; important self-care principles include acknowledging that we must take care of ourselves before we can take care of 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, listening to music, practicing meditation, or simply taking time for one’s self; and

WHEREAS; understanding how stress affects us – and being aware of the physical symptoms, such as headaches, low energy, upset stomach, aches and pains, and insomnia, that stress can manifest – can be key in discovering which self-care techniques work best for us; and

WHEREAS; this month provides all Wisconsinites with an opportunity to reflect on our health and well-being and recognize that practicing self-care can be a critical tool in building resilience and improving our mental and physical health;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,
do hereby proclaim September 2020 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 24th day of September 2020.



TONY EVERS, Governor

By the Governor:



DOUGLAS LA FOLLETTE, Secretary of State