

# STATE of WISCONSIN



## OFFICE of the GOVERNOR

# Proclamation

*WHEREAS*; self-care is defined by the Oxford English Dictionary 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 to promoting resilience; 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

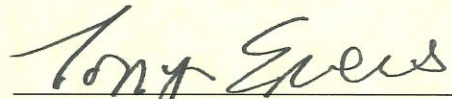
*WHEREAS*; this month provides all Wisconsinites with an opportunity to reflect on our health and well-being and recognize that practicing self-care can be a critical tool in building resilience and improving our mental and physical health;

*NOW, THEREFORE*, I, Tony Evers, Governor of the State of Wisconsin,  
do hereby proclaim September 2021 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 27<sup>th</sup> day of  
August 2021.



TONY EVERS  
GOVERNOR



the Governor:

  
DOUGLAS LA FOLLETTE  
Secretary of State