

## 2013-K1109

LEGISLATIVE RESOLUTION memorializing Governor Andrew M. Cuomo to proclaim May 2014 as Mental Health Month in the State of New York

WHEREAS, The State of New York takes great pride in participating in events designed to raise awareness of serious health issues; and

WHEREAS, It is the sense of this Legislative Body to memorialize Governor Andrew M. Cuomo to proclaim May 2014, as Mental Health Month in the State of New York, in conjunction with Mental Health America's "May is Mental Health Month"; and

WHEREAS, Mental Health Month began in 1949, to raise awareness of mental health conditions and mental wellness for all; and

WHEREAS, This year, Mental Health America will address one important issue through its theme: Mind Your Health; and

WHEREAS, Wellness is essential to living a full and productive life; it is about keeping healthy as well as getting healthy; and

WHEREAS, Wellness involves a set of skills and strategies that prevent the onset or shorten the duration of illness and promote recovery and well-being; it is more than just the absence of disease, it involves complete general, mental and social well-being and mental health is an essential component of overall health and well-being; and

WHEREAS, The fact is our overall well-being is tied to the balance that exists between our emotional, physical, spiritual and mental health; whatever the situation, we are all at risk of stress given the demands of daily life and the challenges it brings at home, at work and in life; and

WHEREAS, Steps that build and maintain well-being and help us all achieve wellness involve a balanced diet, regular exercise, enough sleep, a sense of self-worth, development of coping skills that promote resiliency, emotional awareness, and connections to family, friends and

community; and

WHEREAS, These steps should be complemented by taking stock of one's well-being through regular mental health checkups and screenings; just as people check blood pressure and get cancer screenings, it is a good idea to take periodic reading of our emotional well-being; and

WHEREAS, Fully embracing the concept of wellness not only improves health in the mind, body and spirit, but also maximizes one's potential to lead a full and productive life; and

WHEREAS, It is imperative that there be greater public awareness of this health issue, and more must be done to increase activity at the local, State and national levels; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim May 2014 as Mental Health Month in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Andrew M. Cuomo, Governor of the State of New York.