

## 2023-J104

Senate Resolution No. 104

BY: Senator PARKER

MEMORIALIZING Governor Kathy Hochul to proclaim April 2023, as Stress Awareness Month in the State of New York

WHEREAS, It is the custom of this Legislative Body to recognize official months that are set aside to increase awareness of serious ailments that affect the lives of citizens of New York State; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, this Legislative Body is justly proud to memorialize Governor Kathy Hochul to proclaim April 2023, as Stress Awareness Month in the State of New York, in conjunction with the observance of National Stress Awareness Month; and

WHEREAS, National Stress Awareness Month has been held every April since 1992; during this annual 30-day period, health care professionals and health promotion experts across the country join forces to increase public awareness about both the causes and cures for our modern stress epidemic; and

WHEREAS, Sponsored by The Health Resource Network (HRN), a non-profit health education organization, Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society; and

WHEREAS, Even though a lot has been learned about stress in the past two decades, Morton C. Orman, MD, Founder and Director of HRN, claims there is still a long way to go; new information is now available that could help millions of Americans eliminate their suffering; and

WHEREAS, Dr. Morton C. Orman has invited leading health care organizations across the country to develop and disseminate helpful educational materials and other information about stress during the month of April; he is also encouraging stress experts and other health care leaders to conduct public forums, discussion groups, and other informative community events; and

WHEREAS, While we cannot avoid stress altogether, we can take measures to reduce the impact it has and prepare ourselves to deal with the stress at hand; consider these tips to tame stress and improve quality of life: just breathe, get moving, laugh, get connected, and assert yourself; and

WHEREAS, In honor of Stress Awareness Month, individuals should take some time to get more informed and become better aware of how stress is impacting them; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim April 2023, as Stress Awareness Month in the State of New York; and be it further

RESOLVED, That copies of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York; and The Health Resource Network.