Senate Resolution No. 1981

BY: Senator FERNANDEZ

MEMORIALIZING Governor Kathy Hochul to proclaim April 5, 2024, as Day of Calm in the State of New York

WHEREAS, It is the sense of this Legislative Body to set aside official days to recognize the importance of promoting peace and tranquility amidst the challenges faced by individuals globally; 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 5, 2024, as Day of Calm in the State of New York, in conjunction with International Day of Calm; and

WHEREAS, Observed on April 5th annually, Day of Calm serves as a reminder to prioritize mental well-being, mindfulness, and the cultivation of inner peace; and

WHEREAS, Fostering a culture of calmness contributes to the overall health and resilience of communities, in addition to promoting understanding, empathy, and cooperation among individuals; and

WHEREAS, The celebration of Day of Calm provides an opportunity for individuals and organizations to engage in activities that promote relaxation, stress reduction, and emotional well-being; and

WHEREAS, The State of New York recognizes the importance of raising awareness about the benefits of incorporating calmness practices into daily life and supporting initiatives that promote mental health and well-being; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim April 5, 2024, as Day of Calm in the State of New York and to encourage all citizens to observe this day with mindfulness, reflection, and acts of kindness towards one another; 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; the New York State Department of Health; and the New York State Office of Mental Health.