Assembly Resolution No. 237

BY: M. of A. Raga

MEMORIALIZING Governor Kathy Hochul to proclaim March 20, 2025, as International Day of Happiness in the State of New York

WHEREAS, It is the custom of this Legislative Body to recognize official days that are set aside to promote the physical and mental wellness of the citizens of this Empire 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 Thursday, March 20, 2025, as International Day of Happiness in the State of New York; and

WHEREAS, March 20th was designated International Day of Happiness by the General Assembly of the United Nations (UNGA) on July 12, 2012; the UNGA enacted International Day of Happiness to underscore the importance of incorporating happiness in public policy goals and its role in driving equitable, satisfactory outcomes for all; and

WHEREAS, The celebration of International Day of Happiness on March 20th falls on the same day as the vernal equinox; the vernal equinox marks the first day of spring and the change in seasons is often associated with increased happiness due to days with more sunlight; and

WHEREAS, International Day of Happiness is a celebration to recognize the universal aspiration of happiness; happiness is a key component of numerous facets of society and our individual lives, and is also linked to longevity and better health outcomes; and

WHEREAS, According to the American Heart Association, "up to 80% of visits to primary care doctors are due to conditions that are caused or exacerbated by unmanaged stress."; when happiness is prioritized, people adopt healthier choices and avoid long term health problems; and

WHEREAS, Levels of happiness serve as a reflection of the current economic and social environment and are a proven measure of how successful public policies are; when individuals and governments work towards advancing happiness, society functions in an improved manner; and

WHEREAS, The recognition of International Day of Happiness in New York State aims to promote the vital nature of happiness and shed light on the advantages of sustaining long-term happiness; and

WHEREAS, Citizens of this great State are encouraged to commemorate this day by seeking educational resources on how happiness impacts our lives, spreading positivity, or simply doing an activity that makes oneself happy; and

WHEREAS, According to a leading source, happiness and hope continue

to decline across the globe, signaling the need to prioritize happiness in our lives; after the COVID-19 pandemic, depression and anxiety rose among New York residents with one in three New Yorkers reporting experiencing depression or anxiety, and a notable 37.6% of those living in Queens County reporting the same; and

WHEREAS, Prioritizing happiness in both our personal lives and in government policies is essential for fostering well-being and creating a society where individuals can thrive; when happiness is at the forefront of our endeavors, it encourages positive outcomes, from personal fulfillment to a more cohesive and prosperous community, promoting not only individual joy but also collective harmony; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim March 20, 2025, as International Day of Happiness in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to the Honorable Kathy Hochul, Governor of the State of New York.