



# *Proclamation*

## STRESS AWARENESS MONTH

### April 2024

OFFICE OF THE  
MAYOR  
CITY OF SAN LUIS

**WHEREAS**, stress can be debilitating and it can cause and/or aggravate health problems; and

**WHEREAS**, since stress is a normal part of human existence — no one is immune to it ; and

**WHEREAS**, 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**, one of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet; and

**WHEREAS**, there are several types of stress and we all tend to face these at different times in our lives. The everyday stresses of jobs and family are the most common; and

**WHEREAS**, 77% of people surveyed indicated that they experience physical symptoms caused by stress and 33% stated that they are living with extreme stress; and

**WHEREAS**, during this annual thirty day period, health care professionals and health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.

**NOW, THEREFORE, BE IT RESOLVED**, that I, Nieves Riedel, Mayor of the City of San Luis, do hereby proclaim April 2024, as “**STRESS AWARENESS MONTH**” and encourage all our residents to pursue self-care practices to reduce the negative effects of stress.

**DATED** this 27<sup>th</sup> day of March 2024.

---

Nieves Riedel, Mayor

**ATTEST:**

---

Sonia Cornelio, City Clerk