



# Proclamation

*Whereas, National Wellness Month was created to inspire others to focus on wellness, prioritize self-care, manage stress and to promote healthy lifestyles; and*

*Whereas, the concept of self-care has a long and varied place in human history amongst different cultures and time periods; and*

*Whereas, ancient philosophers like Socrates and Plato emphasized the importance of self-care and self-reflection as part of a virtuous life, Taoist principles also promoted self-care through practices such as meditation, breathing exercises, and herbal medicine; and*

*Whereas, many of these practices have been successful in creating a healthy mind and body for many generations and have carried over into modern day ideas of self-care.; and*

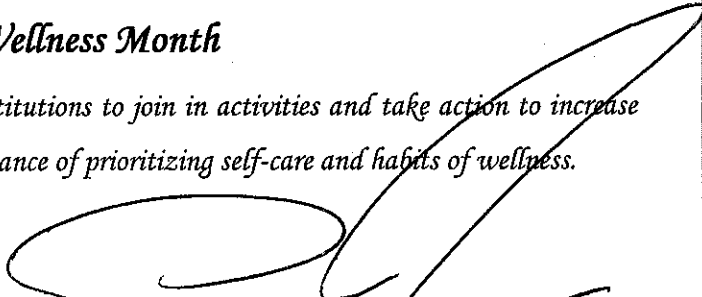
*Whereas, the concept of self-care encompasses various practices aimed at holistic well-being, including physical exercise, healthy eating, mindfulness, stress reduction techniques, and more. Self-care and wellness is a personal and subjective concept but the underlying idea of taking deliberate actions to care for oneself physically, mentally, and emotionally remains central; and*

*Whereas, by embracing the Mayors Wellness Campaign, the Mayor and Council of the Borough of Watchung wish to encourage and inspire others to commit to self-care and promote wellness throughout the community.*

*Now therefore, be it hereby proclaimed that I, Ronald Jubin, Mayor of the Borough of Watchung in the County of Somerset do hereby recognize the month of August, 2023 as*

## **National Wellness Month**

*and call upon all residents and other public and private institutions to join in activities and take action to increase awareness and understanding and help strengthen the importance of prioritizing self-care and habits of wellness.*

  
Ronald Jubin, Ph.D. Mayor  
August 10, 2023