



# Proclamation

*Whereas, January highlights the importance of integrating both emotional and physical health and the concept of wellness refers to the connection between the mind, body and spirit; and*

*Whereas, it is essential that we nurture each of those aspects, especially our mental wellness; and*

*Whereas, mental wellness involves being able to cope effectively with the difficulties of life, having an awareness of your own abilities and opportunities, and having healthy relationships with yourself and others; and*

*Whereas, taking care of one's mental health can help to control or combat some of the physical health problems directly linked to mental health conditions; and*

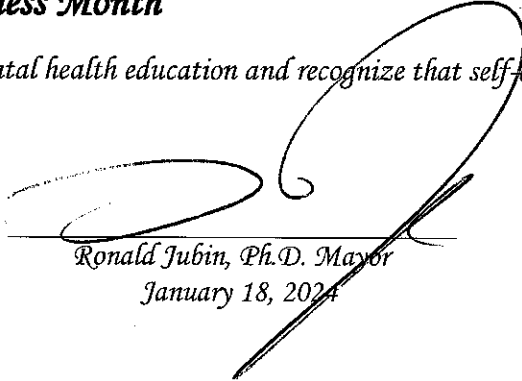
*Whereas, by focusing on improving mental wellness and building resiliency, we can overcome the hurdles of life and thrive; and*

*Whereas, the Borough encourages all residents to take the time to engage in something meaningful that brings you joy, to do what helps you relax and recharge, and seek out experiences that have a calming effect.*

*Now therefore, I, Ronald Jubin, Mayor of the Borough of Watchung, County of Somerset, along with Members of the Council, do hereby proclaim the month of January, 2024 as*

## **Mental Wellness Month**

*and call upon all residents to understand the importance of mental health education and recognize that self-care is not selfish, but a necessity in order to care for those around us.*

  
Ronald Jubin, Ph.D. Mayor  
January 18, 2024