

ASSEMBLY JOINT RESOLUTION

No. 54

STATE OF NEW JERSEY 220th LEGISLATURE

PRE-FILED FOR INTRODUCTION IN THE 2022 SESSION

Sponsored by:

Assemblywoman ANGELA V. MCKNIGHT

District 31 (Hudson)

Assemblyman ANTHONY S. VERRELLI

District 15 (Hunterdon and Mercer)

Co-Sponsored by:

Assemblywoman Timberlake

SYNOPSIS

Designates September of each year as “Self-Care Awareness Month” in New Jersey.

CURRENT VERSION OF TEXT

Introduced Pending Technical Review by Legislative Counsel.



1 **A JOINT RESOLUTION** designating September of each year as “Self-
2 Care Awareness Month” in New Jersey.
3
4 **WHEREAS**, Self-care is a lifelong daily habit of making healthy
5 lifestyle choices, practicing good hygiene, preventing infection and
6 illness, avoiding unhealthy choices, monitoring for signs and
7 symptoms of changes in health, knowing when to consult a
8 healthcare practitioner, and knowing when it is appropriate to self-
9 treat conditions; and
10 **WHEREAS**, Self-care also involves engaging in activities that promote
11 well-being and reduce stress; and
12 **WHEREAS**, New Jersey benefits when its citizens practice appropriate
13 self-care and are subsequently empowered by higher self-esteem
14 and improved health; and
15 **WHEREAS**, Practicing proper self-care also reduces health care visits
16 and costs; and
17 **WHEREAS**, New Jersey encourages its citizens to take advantage of the
18 potential of self-care to improve personal and public health, save
19 personal and public monies, and strengthen the sustainability of
20 New Jersey’s health care system; and
21 **WHEREAS**, Achieving the potential of self-care is a shared opportunity
22 for consumers, healthcare practitioners, policymakers, and
23 regulators; and
24 **WHEREAS**, It is altogether fitting and proper for the State of New
25 Jersey to designate the month of September of each year as “Self-
26 Care Awareness Month” in order to raise awareness of the benefits
27 of self-care; now, therefore,

28
29 **BE IT RESOLVED** *by the Senate and General Assembly of the*
30 *State of New Jersey:*

- 31
32 1. September of each year is designated as “Self-Care
33 Awareness Month.”
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35 2. The Governor may annually issue a proclamation recognizing
36 September as “Self-Care Awareness Month” and call upon public
37 officials and the residents of the State of New Jersey to observe the
38 month with appropriate activities and programs.
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40 3. This joint resolution shall take effect immediately.

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43 **STATEMENT**

44
45 This joint resolution designates September of each year as “Self-
46 Care Awareness Month” in New Jersey.
47 Self-care is a lifelong daily habit of making healthy lifestyle
48 choices, practicing good hygiene, preventing infection and illness,

1 avoiding unhealthy choices, monitoring for signs and symptoms of
2 changes in health, knowing when to consult a healthcare
3 practitioner, and knowing when it is appropriate to self-treat
4 conditions. Self-care also involves engaging in activities that
5 promote well-being and reduce stress.

6 New Jersey benefits when its citizens practice appropriate self-
7 care and are subsequently empowered by higher self-esteem and
8 improved health. Practicing proper self-care also reduces health
9 care visits and cost. New Jersey encourages its citizens to take
10 advantage of the potential of self-care to improve personal and
11 public health, save personal and public monies, and strengthen the
12 sustainability of New Jersey's health care system.

13 Achieving the potential of self-care is a shared opportunity for
14 consumers, healthcare practitioners, policymakers, and regulators.
15 It is altogether fitting and proper for the State to designate the
16 month of September of each year as "Self-Care Awareness Month"
17 in order to raise awareness of the benefits of self-care.