**A** **SENATE RESOLUTION**

TO ENCOURAGE PUBLIC AWARENESS ABOUT THE CONTINUING BENEFITS AND VALUE OF MEDITATION AND SELF‑CARE AND TO DECLARE MAY 2, 2019, AS “PEACE, HARMONY & WELLNESS DAY” IN SOUTH CAROLINA.

Whereas, meditation offers the opportunity for individuals to experience peace, silence, and ultimate happiness; and

Whereas, the power of acceptance, forgiveness, and unconditional love can be found in the practice of meditation; and

Whereas, meditation can offer a number of mental health benefits for all people, such as improving focus and reducing stress, anxiety, and depression; and

Whereas, meditation can offer a number of physical health benefits for all people, such as improving sleep, lessening muscle tension, and reducing chronic pain; and

Whereas, meditation can offer a number of spiritual benefits for all people, such as creating positive energy, peace of mind, and personal awakening; and

Whereas, according to the National Alliance on Mental Health, in the U.S. approximately one in five adults experiences mental illness in a given year; and

Whereas, Hima Dalal, who has devoted her career of more than thirty years as an occupational therapist to healing and helping others through meditation and therapy, offers her services to the Lexington and Columbia communities. On May 2, 2019, she graciously will offer guided meditation for all to experience at the State House to spotlight the importance of human health and wellness for all South Carolinians. Now, therefore,

Be it resolved by the Senate:

That the members of the South Carolina Senate, by this resolution, encourage public awareness about the continuing benefits and value of meditation and self‑care and declare May 2, 2019, as “Peace, Harmony & Wellness Day” in South Carolina.

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