**A** **SENATE RESOLUTION**

TO ENCOURAGE PUBLIC AWARENESS ABOUT THE CONTINUING BENEFITS AND VALUE OF MEDITATION, INTEGRATIVE OCCUPATIONAL THERAPY, AND SELF-CARE AND TO DECLARE MAY 10, 2022, AS “PEACE, HARMONY, WELLNESS, AND OCCUPATIONAL THERAPY 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 is an integrative occupational therapist whose passion for the last forty-one years has been to reach as many people as possible to help them heal their health. She integrates her ancient eastern wisdom of complementary therapy to help heal people holistically. She believes in the power of peace, harmony, and one-ness to heal and bring all different energies of the world together; and

Whereas, April is occupational therapy month and Hima Dalal is celebrating with all fellow occupational therapists of the world to bring people a meaningful and purposeful quality of life through the practice of occupational therapy. 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, integrative occupational therapy, and self-care and declare May 10, 2022, as “Peace, Harmony, Wellness, and Occupational Therapy Day” in South Carolina.

Be it further resolved that a copy of this resolution be presented to the organizers of “Peace, Harmony, Wellness, and Occupational Therapy Day.”

‑‑‑‑XX‑‑‑‑