
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 1181 Session of
2018

INTRODUCED BY KINSEY, CEPHAS, KIRKLAND, THOMAS, BURNS,
YOUNGBLOOD, READSHAW, HILL-EVANS, DIGIROLAMO AND MILLARD,
NOVEMBER 2, 2018

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
NOVEMBER 2, 2018

A RESOLUTION

1 Recognizing November 7, 2018, as "International Stress Awareness
2 Day" in Pennsylvania.

3 WHEREAS, Stress is how the brain and body respond to a demand
4 such as work, school, major life changes, traumatic events or
5 other factors; and

6 WHEREAS, According to a 2014 study conducted by the American
7 Psychological Association and American Institute of Stress, job
8 pressure and money are the leading causes of stress in the
9 United States; and

10 WHEREAS, Stress-related health care and employee absences at
11 work cost employers an estimated \$300 billion annually; and

12 WHEREAS, Long-term stress can lead to serious health
13 conditions such as heart disease, high blood pressure and mental
14 health disorders such as anxiety and depression; and

15 WHEREAS, Managing stress in healthy ways can help reduce or
16 prevent physical and mental health conditions caused by long-
17 term stress; and

1 WHEREAS, Methods to help cope with stress include recognizing
2 the signs of stress, exercising regularly and staying connected
3 with individuals who can provide support during stressful times;
4 and

5 WHEREAS, "International Stress Awareness Day" was started in
6 1998 and continued annually thereafter to highlight leading
7 causes of stress and methods of stress management; and

8 WHEREAS, The theme for 2018 is "Does Hi-Tech Cause Hi-
9 Stress?" which examines the positive contributions technology
10 makes in an individual's life and examines the continuous
11 lifestyle technology creates; therefore be it

12 RESOLVED, That the House of Representatives recognize
13 November 7, 2018, as "International Stress Awareness Day" in
14 Pennsylvania and urge all residents of this Commonwealth to
15 learn about healthy stress management methods.