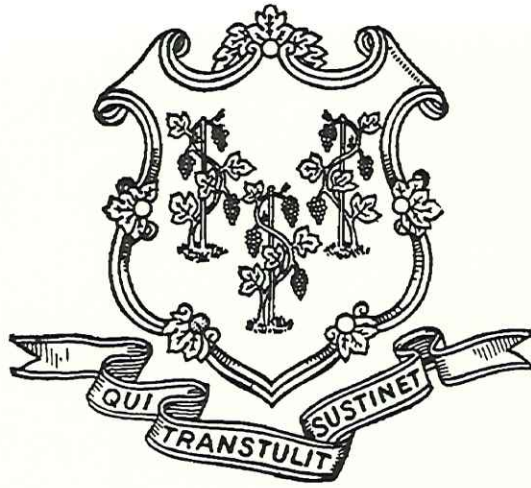


State of



Connecticut

By His Excellency Ned Lamont, Governor: a
PROCLAMATION

The the month of May has been designated as National Mental Health Awareness Month – this formal observance allows us to take pause and reflect on our emotional, psychological, and social well-being.

The COVID-19 pandemic has shifted human relationships with the natural environment as outdoor activities became more prevalent – during the pandemic, adolescents’ participation in outdoor recreation was shown to have improved their mental well-being. Research continues to show that outdoor activities and interacting with nature benefit children’s overall mental health and wellness.

*S*chools, communities, and families have a role to play in promoting and educating children on the benefits of outdoor activities on children’s mental health and wellness, and all children as well as adults can benefit from outdoor recreation regardless of ability or skill level in physical activity.

The Connecticut landscape offers unlimited opportunities to engage with the outdoors through open spaces, walkable trails and greenways, state and local parks and forests, and rivers, streams, lakes, ponds and shoreline.

*B*y recognizing a day to support outdoor recreation, the state continues to promote and educate children and families on the benefits of outdoor activities while encouraging the exploration of Connecticut’s greenspaces.

*T*HEREFORE, I, Ned Lamont, Governor of the State of Connecticut – in recognition of the outstanding benefits outdoor recreation can have on children’s mental health, and in accordance with the statutes of the State of Connecticut – do hereby proudly and officially proclaim the day of Friday, May 26, 2023, to be

**GET OUTSIDE AND PLAY FOR CHILDREN’S
MENTAL HEALTH DAY**

in the State of Connecticut.

Given under my hand and seal of the State at the Capitol, in Hartford, this twenty sixth day in May, two thousand and twenty-three and of the independence of the United States the two hundred forty-seventh.



Ned Lamont

by His Excellency’s Command

Steph Wolcott

Secretary of the State