

House Concurrent Resolution 5

Sponsored by Representative CLEM (Pre-session filed.)

SUMMARY

The following summary is not prepared by the sponsors of the measure and is not a part of the body thereof subject to consideration by the Legislative Assembly. It is an editor's brief statement of the essential features of the measure **as introduced**.

Designates May 22, 2019, as Oregon Kind Is Better Day.

CONCURRENT RESOLUTION

Whereas mental health issues may contribute to homelessness, bullying, abuse, low school attendance levels and low high school graduation rates; and

Whereas it is in every Oregonian's interest to address the core needs of children's mental, emotional and physical health; and

Whereas overarching issues our state faces that impact Oregonians' well-being and our economy are often grounded in childhood mental health challenges; and

Whereas kindness is a major contributor to the mental, emotional and physical health of youth and adults; and

Whereas acts of kindness may have the physiological benefit of developing neural pathways that enhance feelings of well-being and elevate mood; and

Whereas people who practice kindness may live longer; and

Whereas kindness includes suspending judgment of others, engaging in compassionate conversations and practicing mindfulness; and

Whereas kindness is a choice and a skill that grows with practice; and

Whereas people who witness kindness also tend to act kindly, thereby perpetuating kindness; now, therefore,

Be It Resolved by the Legislative Assembly of the State of Oregon:

That we, the members of the Eightieth Legislative Assembly, declare that "kind is better"; and be it further

Resolved, That in Oregon, where you can be anything, we resolve to be kind; and be it further

Resolved, That it is the policy of the State of Oregon to commit ourselves to acts of kindness that create a kinder, more welcoming society; and be it further

Resolved, That May 22, 2019, is designated as Oregon Kind Is Better Day.

NOTE: Matter in **boldfaced** type in an amended section is new; matter [*italic and bracketed*] is existing law to be omitted. New sections are in **boldfaced** type.