### 2023 Regular Session

### HOUSE CONCURRENT RESOLUTION NO. 11

### BY REPRESENTATIVE DUBUISSON

# CONGRESS: Memorializes congress to support passage of a joint resolution designating the second Saturday in June as "Get Outside Day"

1	A CONCURRENT RESOLUTION
2	To memorialize the United States Congress to take such actions as are necessary to improve
3	the mental health of military veterans by supporting exposure to nature with the
4	designation of "Get Outside Day".
5	WHEREAS, mental health is a top priority both at the federal and state government
6	level; and
7	WHEREAS, mental health issues affect different groups, in particular, our vulnerable
8	military veterans; and
9	WHEREAS, countless military veterans return home suffering from post-traumatic
10	stress disorder, traumatic brain injury, anxiety, and depression; and
11	WHEREAS, the onset of certain mental health conditions have increased substance
12	abuse and decreased social interaction; and
13	WHEREAS, military veterans have disproportionally high rates of suicide; and
14	WHEREAS, studies show that exposure to nature has a positive and therapeutic
15	impact on mental health and the psychological conditions that are related to suicides; and
16	WHEREAS, the enjoyment of a single day outside can lead to increased mobility and
17	renewed therapy for psychological impediments and correspond to a decrease in suicides;
18	and
19	WHEREAS, the Louisiana Naval War Memorial Commission in conjunction with
20	the Military Veterans Advocacy agree to sponsor "Get Outside Day" at the USS Kidd
21	Veterans Museum.

1 THEREFORE, BE IT RESOLVED that the Legislature of Louisiana does hereby

- 2 memorialize the United States Congress to take such actions as are necessary to designate
- 3 the second Saturday in June as "Get Outside Day" at the federal government level.
- 4 BE IT FURTHER RESOLVED that a copy of this Resolution be transmitted to the
- 5 presiding officers of the Senate and the House of Representatives of the Congress of the
- 6 United States of America and to each member of the Louisiana congressional delegation.

## DIGEST

The digest printed below was prepared by House Legislative Services. It constitutes no part of the legislative instrument. The keyword, one-liner, abstract, and digest do not constitute part of the law or proof or indicia of legislative intent. [R.S. 1:13(B) and 24:177(E)]

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