



**PROCLAMATION**  
**ACTION ANXIETY DAY**  
June 10, 2022

WHEREAS: June 10, 2022 has been declared World Anxiety Day, to be known as Action Anxiety Day ~ an annual awareness and education day created in Vancouver, British Columbia, Canada by Anxiety Canada; and

WHEREAS: prior to the COVID-19 pandemic, at least 18 % of Canadians and up to 5.8% of the world population were affected by anxiety disorders, with women being impacted nearly twice as much as men; and

WHEREAS: anxiety disorders interfere with an individual's everyday activities that may include participation in work, school, and making social connections; and

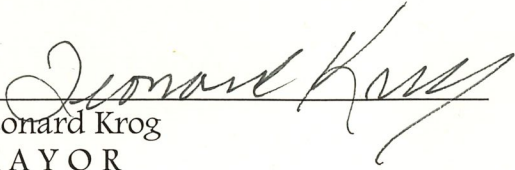
WHEREAS: stigma and access to affordable treatment can be major barriers to individuals living life the way they want; and

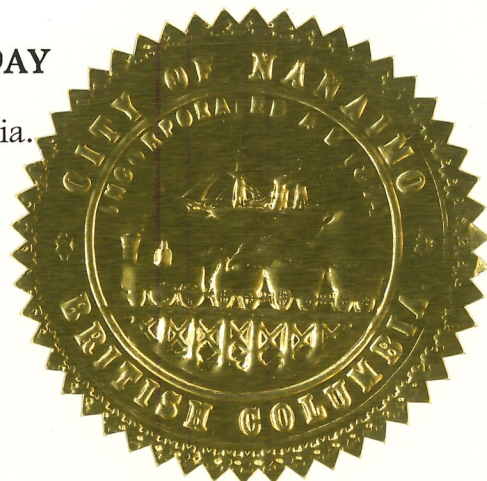
WHEREAS: sharing evidence~based resources and engaging communities about anxiety and anxiety disorders can reduce stigma and improve the well~being of communities.

NOW, THEREFORE, I, Leonard Krog, Mayor of the City of Nanaimo, do hereby proclaim June 10, 2022 as:

**ACTION ANXIETY DAY**

in the City of Nanaimo, Province of British Columbia.

  
Leonard Krog  
MAYOR



Dated this 25<sup>TH</sup> day of March 2022