

By Senator Boyd

20-02006-24

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Senate Resolution

A resolution encouraging higher education institutions in Florida to recognize an annual "Sunshine Day" focused on the mental and physical well-being of their students.

WHEREAS, mental and physical health problems impact all aspects of society, including this state's educational system, and

WHEREAS, as a vulnerable population, college students are susceptible to an increased risk of anxiety, depression, suicide, and distress, and the development of other mental health-related issues, and

WHEREAS, such mental health challenges on the part of college students predate the COVID-19 pandemic, with observed rates of anxiety and depression increasing for this population throughout the 2010s, and

WHEREAS, college students continue to face significant psychological impacts from the lingering effects of measures taken during the COVID-19 pandemic, such as lockdowns and the transition to online courses, and

WHEREAS, in a study published in 2020 by the National Institutes of Health, 138 of the 195 college students surveyed said that the COVID-19 pandemic had increased their stress and anxiety levels, and

WHEREAS, navigating the stressors of college can be overwhelming, and a student's success is often determined by his or her mental and physical well-being, and

WHEREAS, setting aside a day for students to reflect on

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30 their well-being and to participate in campus activities
31 emphasizing the importance of mental health may improve student
32 success and enhance their quality of life as they enter young
33 adulthood, NOW, THEREFORE,

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35 Be It Resolved by the Senate of the State of Florida:

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37 That higher education institutions in Florida are
38 encouraged to recognize an annual "Sunshine Day" focused on the
39 mental and physical well-being of their students.