

A PROCLAMATION OF THE CITY COUNCIL OF THE CITY OF POMONA, COUNTY OF LOS ANGELES, STATE OF CALIFORNIA, PROCLAIMING THE MONTH OF NOVEMBER 2019 AS “NATIONAL GRATITUDE MONTH” IN THE CITY OF POMONA

WHEREAS, as a Compassionate Pomona—in concurrence with the Charter for Compassion which the City of Pomona proclaimed on April 2nd, 2018—we continue to focus on thoughts and actions that promote compassion and inner and outer peace. In alignment with that goal, we pledge to actively take the time to focus on thoughts and actions of gratitude and thankfulness in the month of November, so that the amazing benefits of gratitude are built into our community culture at every level; and

WHEREAS, thoughts and expressions of gratitude have the ability to shift individuals and the community from focusing on the *negative* to appreciating what is *positive* in life; making people happier, better-adjusted and more resilient; and

WHEREAS, the practice of gratitude is more than simply saying “thank you” and creates a deeper connection between ourselves, the world around us, our friends and family, and a realization of the many blessings in our lives; and

WHEREAS, gratitude improves relationships by making people friendlier and more likable; helps deepen relationships and strengthens marriages; and

WHEREAS, gratitude increases success by increasing focus, productivity, goal achievement and self-esteem; and

WHEREAS, research shows that practicing gratitude dramatically improves overall health and wellbeing by: enhancing moods, decreasing stress, activating the parasympathetic nervous system, and also improving the immune system, pain management, relaxation and sleep of those who practice gratitude. On average, grateful people tend to have fewer stress-related illnesses, experience less depression, have lower blood pressure, and are more physically fit.

WHEREAS, the City Council of the City of Pomona does hereby encourage all Pomonans to practice gratitude daily and use “#KindnessPomona” to share this movement on social media, thus integrating gratitude into the daily life of our community.

NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF POMONA does hereby proclaim the month of:

November 2019

as

“NATIONAL GRATITUDE MONTH”

Dated this 4th day of November, 2019