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LRB102 14013 LAW 19365 r

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SENATE RESOLUTION

2           WHEREAS, Statewide quarantining to reduce the spread of  
3 COVID-19 has left many feeling the effects of what  
4 Northwestern Medicine Psychologist Jacqueline K. Gollan,  
5 Ph.D., calls caution fatigue; and

6           WHEREAS, Caution fatigue is explained as an exhaustive,  
7 increasingly apathetic and desensitizing feeling toward  
8 COVID-19 and its preventative measures, as well as a growing  
9 restlessness and aversion to stagnation and self-isolation;  
10 and

11           WHEREAS, Research on self-isolating and loneliness were  
12 published in a new report in 2020 from the National Academies  
13 of Sciences, Engineering, and Medicine (NASEM), which notes  
14 that more than one-third of adults aged 45 and older feel  
15 lonely, and nearly one-fourth of adults aged 65 and older are  
16 considered to be socially isolated; and

17           WHEREAS, Additional studies published in November of 2020,  
18 titled The Impact of Social Isolation and Loneliness on the  
19 Mental Health of Children and Adolescents in the Context of  
20 COVID-19, concluded that social distancing and school closures  
21 may increase mental health problems in children and  
22 adolescents, who are already at higher risk of developing

1 mental health problems compared to adults, at a time when they  
2 are also experiencing anxiety over a health threat and threats  
3 to family employment/income; and

4 WHEREAS, The spring of 2021 will brings the opportunity to  
5 safely reintroduce outdoor activities to the general public;  
6 hiking routes, walking paths, and bike trails will offer  
7 Illinois residents, who have been isolating and quarantining  
8 in their homes through the winter, a chance to go outside,  
9 which hosts a list of health benefits; and

10 WHEREAS, Studies published in the last decade by Harvard  
11 Medical School note that spending time outdoors is not only  
12 beneficial to physical health but has a dramatic effect on  
13 mental health as well; and

14 WHEREAS, Sunlight hitting the skin begins a process that  
15 leads to the creation and activation of vitamin D within the  
16 body; studies suggest that vitamin D helps fight certain  
17 conditions, from osteoporosis and cancer to depression and  
18 heart attacks; and

19 WHEREAS, Physical activity, such as walking, cycling, and  
20 doing other things that put the body in motion, promotes the  
21 release of endorphins, a chemical produced by the brain and  
22 spinal cord that produces feelings of happiness and euphoria;

1 endorphins are a scientifically-proven mood booster,  
2 decreasing symptoms of both depression and anxiety; and

3 WHEREAS, Walking and cycling, as forms of physical  
4 exercise, have been proven to provide stress relief, heighten  
5 endurance, improve sleep quality and mood, and increase  
6 energy, stamina, and mental alertness, as well as reduce  
7 cholesterol and improve cardiovascular fitness; and

8 WHEREAS, The promotion of increased walking and biking,  
9 coupled with proper social distancing procedures and  
10 guidelines, can help Illinois residents combat feelings of  
11 loneliness, stagnation, stress, anxiety, and depression that  
12 are exacerbated by the self-isolations and quarantines of  
13 COVID-19 prevention and caution fatigue; therefore, be it

14 RESOLVED, BY THE SENATE OF THE ONE HUNDRED SECOND GENERAL  
15 ASSEMBLY OF THE STATE OF ILLINOIS, that the State promote  
16 increased walking and biking in Illinois in an effort to help  
17 reinvigorate mental fortitude amidst a global health crisis  
18 and support planning that increases the walkability and  
19 bikeability throughout the State; and be it further

20 RESOLVED, That we encourage Illinois residents to breathe  
21 new life into their daily activities by practicing outdoor  
22 physical fitness while exercising proper social distancing and

1 mask wearing when necessary.