

Dept. of Health Services: Gov. Evers announces resilient Wisconsin

Posted on Friday, Apr 3, 2020

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Governor Tony Evers and Wisconsin Department of Health Services Secretary-designee Andrea Palm announced the new Resilient Wisconsin initiative today to provide tools and resources to Wisconsinites dealing with stress and mental health challenges during the COVID-19 pandemic.

“We are announcing Resilient Wisconsin today, in the middle of this pandemic, because building resilience is how we will band together and grow as a state in the face of COVID-19,” said Governor Tony Evers. “Resilience is not the absence of stress, but rather, using tools to manage and adapt and recover from that stress. Resilient Wisconsin is designed to help you learn, develop, and use those tools.”

“Some of these tools focus on caring for yourself,” said Secretary-designee Andrea Palm. “In the face of intense challenges like the ones we face today with COVID-19, it can feel selfish to prioritize your own needs. But it’s not selfish, it’s self-care, and we need that self-care to deal with our stress and make it possible to care for others.”

View the [entire news release](#).