

## Shannon Kobylarczyk Launches Personal Resilience Pledge

Milwaukee and Jackson, Wisconsin attorney Shannon Kobylarczyk introduces a public commitment to mental health, structure, and sustainable leadership.



**Milwaukee, Wisconsin Apr 22, 2026 ([IssueWire.com](https://www.issuewire.com))** - Attorney and former corporate legal leader Shannon Kobylarczyk has announced the launch of her Personal Resilience and Mental Health Pledge, a practical framework designed to help professionals build stability in both their careers and personal lives.

The pledge draws directly from her experience in corporate governance and her own life lessons

balancing work, family, and personal challenges.

“In governance, structure is everything,” Shannon says. “It reduces confusion and prevents bigger problems later.”

She believes the same idea applies to mental health and daily life.

“I was taking care of everything except myself,” she says. “That’s not sustainable.”

Her pledge aims to bring structure to personal well-being, especially for professionals managing high responsibility roles.

“You can’t lead well if you ignore your limits,” she says. “Resilience isn’t about pushing nonstop. It’s about knowing when to reset.”

### **Why This Issue Matters Now**

Workplace stress and burnout are rising across industries:

- 77% of employees report experiencing work-related stress (APA)
- 1 in 5 adults in the U.S. experiences mental illness each year (NAMI)
- Burnout rates among working parents have increased significantly in recent years
- The World Health Organization estimates anxiety and depression cost the global economy \$1 trillion annually in lost productivity

“These numbers are not abstract,” Shannon says. “They represent real people who are overwhelmed and trying to keep going.”

### **The Shannon Kobylarczyk Personal Pledge Seven Daily Commitments**

Shannon’s pledge focuses on clear, repeatable actions:

- I will take one 10-minute break daily without screens or distractions.
- I will define a clear end to my workday whenever possible.
- I will check in with myself weekly about stress and energy levels.
- I will speak openly about mental health when appropriate.
- I will ask for help before I feel overwhelmed.
- I will protect time for family, rest, and recovery.
- I will pause and reset instead of pushing through exhaustion.

“If people don’t understand the rules, they won’t follow them,” she says. “The same applies to your own life. You need clear expectations for yourself.”

### **Do-It-Yourself Toolkit 10 Free Actions Anyone Can Start Today**

- Take a 10-minute walk with no phone.
- Write down your top three stress triggers.
- Set a daily “stop working” time.
- Drink water before checking email in the morning.
- Replace one scroll session with reading.

- Have one honest conversation this week.
- Turn off notifications for one hour daily.
- Plan your week every Sunday evening.
- Say “I need a break” without explaining.
- Go to bed 30 minutes earlier at least twice a week.

## 30-Day Progress Tracker

Follow this simple structure:

### Week 1: Awareness

Track stress triggers and energy levels daily

### Week 2: Boundaries

Implement one new boundary (work hours, screen time, etc.)

### Week 3: Communication

Have at least one honest conversation about stress or workload

### Week 4: Consistency

Repeat the habits that made the biggest impact

At the end of 30 days, identify three habits to keep long-term.

## Call to Action

Shannon invites individuals, working parents, and professionals to take the Personal Resilience Pledge and share the toolkit with others.

“Success isn’t just about moving forward,” she says. “It’s about building something that can last. That includes your own well-being.”

Readers are encouraged to adopt the seven commitments, follow the 30-day tracker, and start small.

“You don’t need to change everything at once,” Shannon says. “Just start with one step.”

## About Shannon Kobylarczyk

Shannon Kobylarczyk is a Wisconsin-based attorney with a career spanning accounting, securities law, corporate governance, ethics, and compliance. She has served in senior legal leadership roles and is known for her focus on structure, clarity, and accountability. Based in Milwaukee and Jackson, Wisconsin, she is also a mother, reader, and advocate for mental health awareness and sustainable leadership.

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