

December 21, 2022

Good morning everyone! My name is Sophia back from the S.E.A.L. Team for another Words of Wisdom Wednesday.

You may not be aware, but today is National Look on the Bright Side Day. Today is the day we make every effort to remain as upbeat as we can, despite the difficulties. Even if it may seem difficult and impossible right now, we all have the optimism to persevere even when it doesn't seem like it.

It's quite normal to feel a little depressed on this day because it coincides with the Northern Hemisphere's winter solstice, when it tends to get a little chilly and dark outside. But do not worry; there is a bright side to every dark cloud. Though it may all sound extremely clichéd, optimism has shown to be healthy for our bodies and minds. While a pessimist could see the glass as half empty. Look on The Bright Side Day is all about viewing the world from a positive perspective.

I hope you all have a Worry-Free Wednesday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team  
Positivity is our dream  
We teach it every day  
To help others live the optimistic way  
We learn to control our emotions and feelings  
So, we always have effective social dealings  
No stone left unturned; no person left behind  
Every member of our team has the power to be kind  
We spread kindness to our friends, families, and those who need a smile  
When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

