

November 2, 2022

Good morning IS201. It's Sophia from class 731 speaking once again for today's Words of Wisdom Wednesday.

Today is National Stress Awareness Day, did you know that? Our mental health is significantly impacted by stress, so it's critical that we understand this. Here are some words by Albert Einstein that I'd like to share. "A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness."

At some point in our life, we will all experience stress. It is crucial that we learn to manage this emotion by taking small steps, taking things day by day, and slowing down when things get difficult. Even while things might not be going exactly as you'd like, things do improve. You don't have to find a solution in one sitting. Instead of stressing yourself out, try to relax so that you can approach issues with clarity.

Thanks for listening 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

