

March 20,2025

Good morning! It's Katie, from 831 and I'm here this Thoughtful Thursday on behalf of the SEAL team.

Today is March 20th, or National Happiness Day! Today, we can promote the ideas of spreading kindness, joy, love, and happiness! Each year, this day serves as a reminder to let loose sometimes and enjoy ourselves. So much of our daily lives are easily consumed by stressful events going on around us and can affect our mental health. It's okay to take a break and breathe if we feel overwhelmed.

Today is a great time to just be proud of how far we've gotten, how much we've achieved, and keep our heads high. Happiness is a huge part of life, and we always find it in hobbies we enjoy, people we love, and so much more.

Thanks for listening and have a Tranquil-Thursday!

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

