

November 9, 2022

Good morning! It's Sophia from 731 and I'm here this Words of Wisdom Wednesday on behalf of the S.E.A.L Team.

Do you sometimes feel as though your life is a tangled mess? Then November 9 is the day for you, known as Chaos Never Dies Day.

The purpose of this holiday is to let people understand that turmoil is a natural aspect of life and will never go away. Therefore, take a moment and breath, let go of whatever that is causing chaos in your life today. Don't get tangled up in it.

Keep in mind that life is a roller coaster and that you will experience ups and downs. Do not focus on the downs because you will miss the ups.

I'll share with you an acronym that the S.E.A.L. Team made for CHAOS that I find useful when things start to spiral out of hand.

Challenge arises

Help will surface

Accept fall backs

Open to others' guidance

Successfully solve the problem

In other words, if you pace yourself, peace will emerge from the midst of the chaos.

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

