

April 19, 2024

Good morning I.S 201! It's Joanna from class 851 and I will be with you for our S.E.A.L Summaries every Friday on behalf of the S.E.A.L Team.

As April is the month for stress awareness, here's a quote from Mark Black to start off today's daily diction. "Sometimes the most productive thing you can do is relax."

As spring break is right around the corner, we're all looking forward to a week filled with vacation and time to enjoy ourselves. However, a lot of us might spend that time worrying and stressing instead. Whether the stress may be about upcoming tests, events, or big competitions, having that feeling of anxiety or distress is never a good feeling to have when we're supposed to be "relaxing".

As Mel Robbins says, "90% of what you're stressing about right now won't even matter a year from now. Take a deep breath." So, at least for the couple of days of this spring break, relieve yourselves of the stress that's on your shoulders.

The negative impact of stress is actually greater than we think. Poor stress management can lead to many health problems like high blood pressure, heart disease, stroke, obesity, and diabetes that can affect you in the long-term. That's why, let us all be aware of the impact that stress may have on us

and focus on the importance of relaxing and taking care of ourselves. As they all say, “work hard, play hard.”

Thank you for listening and have a Forget the Stress, Embrace the Rest Friday!

The affirmation of the day is: “I am grateful for the opportunities to experience new cultures and traditions.”

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

