

November 5, 2025

Good Morning I.S.201! My name is Esther Chen from class 852, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

Today is National Stress Awareness Day! Stress is an inevitable part of life for every person, whether it comes from schoolwork, friendships, or multiple tasks juggling multiple. Stress should be viewed as a normal part of life; it is up to us to find the best way to manage it and do so in a healthy manner.

If you start to feel stressed, take a moment to reset. A few deep breaths, a quick stretch, or stepping outside for a minute can help clear your mind. You can also talk to someone you trust or listen to something that relaxes you. Small habits like these can keep stress from building up.

Let's also look out for each other. Sometimes a quick check-in or a simple "Are you okay?" can make someone's day easier. We're all going through things, so let's make our community one where everyone feels respected and supported.

Like Marie Curie, today's affirmation is: Use my knowledge to make the world safer and healthier.

Thank you for listening and have a Won't stress 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

