

September 14, 2023

Good Morning! I'm Irene Qiu, representing class 831, and it's a pleasure to be here on this Thoughtful Thursday, speaking on behalf of the S.E.A.L team.

As the wise Buddha once said, "You yourself, as much as anybody in the entire universe, deserve your love and affection." This month, we're excited to let you know that it's National Self-care Awareness Month, a time devoted to self-care practices for our physical, mental, and emotional well-being.

This month, we want you to try out different ways to take care of yourself. There's an activity for everyone, whether it's exercising, feeding your body healthy foods, reading a good book, writing down your thoughts in a journal, or just taking a slow walk in nature.

Self-care isn't about being selfish; it's about protecting your own health and happiness so that you can be your best self for others as well. It's about making yourself more resilient, improving your emotional and mental health, and living a healthy life style. So, take this month to focus on yourself.

Thank you for listening and have a Take Care of Yourself 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

