

January 30, 2025

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

Today is January 30th, National Escape day. Today's a day to escape reality, a day to take burdens and weights off your mind. We can take today to simply live carefree. This is a healthy reminder to not be too harsh on ourselves, and that taking breaks is okay.

Instead of stressing over exams, work, and other responsibilities, relax and do what you want. Whether it's watching a movie, or going out with friends, do whatever you find enjoyable and take a break from life. Life isn't easy, and each day we all face our own struggles so today can be the day we take a short break and find peace in the beautiful simplicities of life, rather than the heavy complications.

Thanks for listening and have a Taking-Time for 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

