

June 18, 2025

Good Morning I.S.201! My name is Esther Chen from class 752, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

Today is International Panic Day, this isn't a day to panic. It's more of a reminder that feeling overwhelmed is okay, and we all go through moments where life gets overwhelming.

Whether it's school, friends, family, or everyday stress, this day encourages us to pause, take a deep breath, and remind ourselves that we don't have to have it all figured out. It's perfectly fine to slow down, reach out for support, and prioritize your mental well-being.

We all continue to learn to cope with stress, and every little step you take to feel more balanced does matter. Perfection isn't the goal, progress is. So today, take things one moment at a time and be gracious to yourself. As Dan Millman once said, "You don't have to control your thoughts. You just have to stop letting them control you." This quote reminds us that while we can't always stop anxious thoughts from showing up, we can choose how we respond to them.

Affirmation of the Day: I embrace the power of positive thinking.

Thank you for listening and 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

