

November 6, 2024

Good Morning I.S.201! My name is Elisabetta from class 711, 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. Many of us can feel the pressure from school work piling up and things at home so here are some tips on how to cope with stress.

- 1- Exercise and physical activity can reduce cortisol levels and release endorphins, which improve mood.
- 2- Spending and talking with your family or friends can help take your mind off things.
- 3- Time management can help make things more manageable and organized which can reduce stress.
- 4- Lastly, taking breaks can help get your mind off things. A quick walk in the sun, 5 minutes of stretching, and breathing techniques are all good ways of coping with stress.

Affirmation of the day: I trust my intuition.

Thank you for listening and have a Well-being 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

