

May 21, 2024

Good morning, I.S 201! This is Nicole from class 851 here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

Do you ever feel like the world is moving too fast, and you're being too caught up in a busy schedule or a stressful assignment? Today is important because it reminds us to take a breather and calm down and use mindfulness. Today, we are celebrating World Meditation Day!

Although it might not seem terribly significant, World Meditation Day can have a huge impact. World Meditation Day provides us relaxation. It reminds us that it's always a good idea to take a break from the crazy mess that is life. Meditation helps us do just that by prompting us to free our minds of worry and to focus on the positives. Today's celebration also eliminates stress. Meditation is famous for preventing and dealing with excess worry. When we're calm, we're better suited to combat stress and anxiety in our daily lives. Most of all, World Meditation Day promotes the idea of a peaceful world. If everyone took time out of their day to meditate and calm themselves down, the world would be a more peaceful and unified place.

In order to do this, how can we celebrate World Meditation Day? The obvious answer is to meditate. Take some time out of your schedule to meditate. Lay back, rest, listen to music -- do anything calming in order to bring yourself to a peaceful state of mind. Declutter and destress. Remove things from your environment that take up space and cause you stress. Be

productive and prioritize your activities, letting go of anything negative or unimportant.

Anytime you feel yourself getting too caught up in worry or stress, think about taking your time to meditate and relieve yourself of negativity and anxiety. World Meditation Day isn't the only day we have to do this. Meditating regularly will ultimately contribute to a brighter, more positive environment.

Thank you and have a Tranquil Tuesday!

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

