

May 15, 2026

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

Stress and worry are common for students because of pressure from homework, exams, extracurricular activities, or future goals. You might also worry about friendships, fitting in, or meeting the expectations of parents and teachers. Stress builds up slowly, often making it hard for you to recognize what's causing it. Taking time to understand where these feelings come from can help you identify the situations, thoughts, or habits that affect your mental health the most. Managing stress becomes easier once you recognize its causes. Examples could be not enough sleep, overwhelm from grades, or not having enough time to relax. By staying organized, taking breaks, talking to a trusted adult, and taking care of themselves, students can handle stress in healthier ways. Understanding what causes stress is the first step toward managing it successfully.

Like Sigmund Freud, the affirmation of the day is, "Try to understand what causes stress or worry."

Thanks for listening and have a Find Balance Friday 😊

S.E.A.L. 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

