

May 3, 2024

Good morning I.S 201! It's Joanna from class 851 and I will be with you for our S.E.A.L Summaries every Friday on behalf of the S.E.A.L Team.

This month is mental health awareness month. As we enter May, let us all think about the importance of our mental health and its impact on our overall well-being.

Having good mental health involves being self-aware and knowing how to deal with our emotions even during stressful situations. Having good mental health involves having the ability to handle the stress, being able to stay calm, and having the ability to handle situations in a positive manner.

When we talk about mental health, we're talking about our emotional, psychological, and social well-being. It's important to be in tune with and in control of our thoughts, emotions, and behaviors. Being able to control our emotions and making healthy choices in all types of situations is vital to maintain a good mental health.

So, this May, let us all be aware of our mental health and how being mentally healthy positively affects our daily lives.

Thank you for listening and have a forever aware of mental health Friday!

The affirmation of the day is: “I will show unwavering support to my loved ones.”

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

