

December 21, 2023

Good morning! It's Jason from 752 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

Did you know today is National Look on the Bright Side Day? Maintaining optimism in the face of the world's challenges and setbacks can be difficult. However, even in the face of adversity, we can choose to embrace a positive attitude. People may become upset for several reasons, such as earning a poor test grade or losing a game. However, when we change our perspective to see the bright side, we understand that any event, even setbacks, may be positive learning experiences.

Helen Keller once said, "Keep your face to the sun, and you will not notice the shadows." This idea, which seems like a no-brainer, is also supported by science. Numerous studies have shown that embracing an optimistic mentality has both physical and mental benefits. People who are optimistic are more likely to take risks and seize opportunities, which usually leads to better results. Pessimism, on the other hand, might result in missed opportunities and long-term negative effects.

So, on this Look on the Bright Side Day, let us remember that optimism not only lifts our spirits but also opens the path for a more promising future.

Thanks for listening and have a Thinking Bright Thoughts Thursday



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

