

December 12, 2024

Good morning, I.S. 201! I'm Emily from 851, and I'm here on behalf of the S.E.A.L. Team for this Thoughtful Thursday.

Are there any times when you feel extremely stressed? Maybe it could've been on taking the SHSAT or relations with your friends. Now these are all valid ways of feeling stressed. But what if you can't calm down? If you're the type of person who has trouble calming down, I have a few suggestions that will help you with ease in calming down:

1. Deep Breathing: Take deep and slow breaths. This helps with lowering your heart rate and your brain's stress.
2. Physical Movement: You can take a walk when the sun is apparent (I love walking when sunsets occur). Walking releases tension from your body and also helps your mind become clearer
3. Talking it out: It's proven that when you communicate with someone, you feel lighter mentally. Maybe you could've talked about a friend you want to move away from and now you feel more comfortable in doing so.

Anyone can relax from stressful situations. It matters with how you relax from that situation. As Beyonce once said, "Relaxation is stepping away and letting your mind and soul reset."

Thank you for listening and have a Take a Step Back 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

