

January 23, 2023

Good morning IS 201! It's Elly from the SEAL Team back with you again on this Motivational Monday.

Did you know that January is actually National Mental Wellness month? I know it is nearing the end of January, but we can still make the last week or so a time to reflect on our mental well beings. While it is crucial to maintain our good grades and make sure we are on the right track academically, it is also equally important to have strong understandings of our feelings. As well as our mental wellness. By making sure we have good mental well beings not only improves our overall health, it also helps us handle stress and relate to others too. You may ask, how can I support my mental wellness while being so busy? You can do simple exercises, yoga, setting a healthy diet, or even a small walk also works!

As Matt Haig puts it, "Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel the rain, but you are not the rain." Please keep in mind that while it is not easy to have a good mental mindset, you're not the problem, in fact, you are

the solution! You're definitely not the only one going through it either, talk to your friends, family, or teachers.

And now let's recite the SEAL Team pledge-

Thanks for listening! Have a Mental-Wellness-Matters Monday!

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

