

November 30, 2022

Good morning everyone! It's Sophia from 731 speaking to you once more, for today's Words of Wisdom Wednesday on behalf of the SEAL team.

Today I would like to talk about a commonly overlooked topic. Stress is a topic that is discounted on the daily and people don't see how badly it can affect you. Why am I talking about this? Because people experience stress every day without any way to cope with it.

I've had to deal with more stress than I'm accustomed to the past few weeks, in my opinion. I occasionally lose my motivation to do anything when it gets to be too much. I withdraw and sense that the walls are closing in around me. I struggled with stress for a very long time, but I recently came to the realization that if I take a moment to sit down and write out what is bothering me, I can visualize it and decide how to approach it item by item. I'm hoping this strategy will also be useful to you.

The most important thing while coping with stress is to remember to breathe, and remind yourself that you're okay. Knowing that you're not alone with these feelings can also help you calm down.

Here are a few words I would like to share with you by Aesop, “A crust eaten in peace is better than a banquet partaken in anxiety.” So, take the time and make a list to figure out your game play to reach your end goal. Don’t let it avalanche and bury you in stress and anxiety.

Thank you all for listening, have a Win Back Your Time Wednesday!

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

