

November 14, 2023

Good morning! It's Nicole from 851 and I'm here this Talk A Lot Tuesday on behalf of the S.E.A.L Team.

Every year on November 14, Loosen Up Lighten Up Day serves as a gentle reminder to let go of life's anxieties and approach our everyday tasks with a more carefree and relaxed attitude. Take a deep breath, enjoy the simple things, and remember that on this particular day, it's alright to not take life so seriously. Loosen Up Lighten Up Day is all about finding balance and happiness in the little things in life, whether it's reading a book, playing a game, going on a long walk, or simply spending time with friends and family.

As Mark Twain, a famous author, once said, "The human race has one really effective weapon, and that is laughter." Keep this in mind, and let's try to make our lives more enjoyable and stress-free. Laughter can make us feel better, and it's also good for our health and physical well-being. Let's spread joy and most of all, let's allow ourselves to loosen up and lighten up.

Thanks for listening and have a Time to Laugh Tuesday 😊

Affirmation of the Day:

I treat others the way I want to be treated, with respect and empathy.

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

