

October 7, 2022

Happy Friday, everyone! It's Rainie Lin from 731 and back with you all for seal summary Friday! We're wrapping up the first week of October and now, time for this Friday's fun fact!

Today is National Forgiveness and Happiness Day. Forgiveness is an extremely important part of people having the ability to cherish each other. This day encourages you to be happier, kind and accepting of others while forgiving and letting go of past hurts.

Research has proven that people who forgive others can be much healthier than those who hold onto grudges or turn bitter. Forgiving can lead to great results like better mental health, less stress and anxiety, a stronger immune system and more. You can celebrate by learning to forgive others, to ask forgiveness, and lastly, to forgive yourself. Stop blaming others or yourself for things you couldn't control and lead a happier, healthier lifestyle.

Thanks for listening and now let's recite the pledge together.

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
The SEAL Team and I all wish you forgiving Friday!

