

March 14, 2023

Good morning, IS 201! This is Zain from 731 from the SEAL Team with your Talk-a-Lot Tuesday announcement. Today is "Clean Your Home Office Day"! While most of us may not have actual offices, we can certainly apply this to our study areas or workspaces at home.

Now, you might be wondering why you should bother cleaning your workspace. The truth is, a clean and organized workspace can make it easier to focus, increase productivity, and reduce stress levels. In fact, studies have shown that 54% of people feel stressed about the amount of clutter in their workspace.

So, take some time today to tidy up your workspace. Not only will it feel like a job well done, but it will also motivate you to get work done in a more efficient and effective manner. And let's not forget about the hygiene benefits too!

Thanks for listening and have a Tidy Tuesday!

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

