

Heart to Heart- Let it Shine!

by Karen Coney Coplin



Our Naples summer sunshine is as bright as ever, but, at the same time, our country is facing dark times of conflict and distressing news.

Rather than retreat into discouragement and uncertainty, I'm rallying. It's not always easy, but I'm reminded of the saying, "A sorrow shared is halved; a joy shared is magnified."

Whether you are spending the months of this issue (August, September, October) in Naples, traveling, or at another residence, it's always possible to brighten your light, and explore your authentic nature, power & presence. We all have the ability to lift spirits - our own as well as those of others.

Here are some suggestions to consider:

10. Choose your words wisely-speak kindly of yourself and, when possible, offer a compliment or encouragement to another. That small spark may explode exponentially in the best possible way.

9. Curiosity leads to connection, growth and insight. Step out of your comfort zone (admittedly, I always find this a challenge) or normal routine. Make a practice of noticing what feels different when you ask questions, take a class, read a new book, change the channel on your TV or stop scrolling.

8. Daily movement -a walk around the block, or biking to the beach is an opportunity to soak in vitamin D and, in the case of the latter, vitamin "sea."

7. And at the same time don't forget to rest. You don't have to burn out!

6. Choose the company you keep. "Pollyanna" may be in hiding these days, but, all around us are people who inspire others to be their best selves. Find your uplifting community. It makes a difference!

5. Explore a creative outlet or hobby - activities which can take many forms. Gardening. Thrifting and repurposing. Painting. Legos. Card games. Follow your heart to create a little retreat of happiness.

4. Shop small, shop local. There is probably no easier way to boost the local economy. And it's always a day brightener to be treated as a regular at your favorite coffee house or restaurant. A smile shared goes both ways.

3. We all have a mix of good days and bad. For the hard ones, it's helpful to recall any little victory or measure of grace. It could be as simple as reminding yourself that you made it through a hard day. Or, look or listen for something beautiful.

2. "Hope is a thing with feathers..." from a favorite poem by Emily Dickinson. Make hopeful thoughts a daily decision. Choose it quietly, or share your voice and help others find theirs.

1. Find reasons to be thankful for what is near and dear, known, and shared. Gratitude is grounding, and there is no better place to start that practice than at home. When you do, you'll head out the door, stronger and ready to face circumstances beyond your control.

It bears repeating- **I'm abundantly thankful to call Naples my home and to connect with you here.**

Let's shine together!

Please contact Karen at NaplesKCC@gmail.com with suggestions for future article coverage, which is often centered on charitable organizations in Naples and the programs/services these groups offer.

To receive a copy of the full text of Emily Dickinson's poem about hope; or with suggestions for future articles, especially about charitable organizations with new programs or ongoing programs needing a spotlight.

Additionally, for more vignettes about life in Naples, give her a follow on Instagram @Naplesbythenumbers



If in Naples, may I suggest a great spot to find your light.

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