



### All by Myself

Sometimes we need to be alone, to simply do nothing but enjoy the sound of silence.

We all need time alone. Even those of us who are social butterflies need some time to ourselves. Solitude is necessary for meditation and quiet reflection. We also may choose to isolate ourselves when we are busy and need to meet a deadline. We may cherish time alone when we want to give ourselves over to art or music, lose ourselves in a good book, or delve into a personal project. Having time to ourselves allows us to focus completely on our yoga practice or get into the zone while running or strength training. Sometimes we need to be alone to simply do nothing but enjoy the sound of silence. Our alone time revitalizes and replenishes us, grounding us in our own company. Yet, too much isolation, especially when our intention is to hide, withdraw, or not deal with the realities of our lives is not physically, mentally, or spiritually healthy. It is during

moments like these when being in isolation takes us away from our lives, rather than enhancing it. If anything, too much isolation can create a buffer whereby we don't have to deal with our problems. Sometimes, pushing ourselves to deal with our issues and be in our lives, rather than isolate, is one of the best gifts we can give to ourselves. Also, just as it is important for us to have our alone time, we need to remember that as human beings, we are by nature social creatures that thrive on human contact. Our lives cannot occur in a vacuum, and we cannot fully live in this world without interacting with others. Consider using isolation as time spent for rest, reinvigoration, and personal growth. Isolation can then not only empower you, but it can allow you to return to your work and your relationships restored and ready for life.

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### AI wrote a poem about the Keys... Has it been here?

In a land where sunshine kisses the sea,  
Where waves dance brightly, wild and free,  
Lies a place of magic, a coastal jewel,  
A paradise embraced by the ocean's cool.

Welcome to the Florida Keys, so serene,  
Where nature's wonders paint a vibrant scene.  
A string of islands, each with its own flair,  
Whispering tales of secrets in the salty air.

Key Largo, the gateway to an underwater realm,  
Where coral reefs bloom, a kaleidoscope to overwhelm.  
Dive deep into the azure, behold the brigade,  
Where fish of all colors gracefully cascade.

Islamorada, a paradise for the angler's heart,  
Where lines are cast and stresses depart.  
Tarpon and bonefish, kings of the flats,  
Give chase by day then storied sunset chats.

Marathon, where time slows, and worries melt away,  
On sandy shores, beneath the palm trees' sway.  
The allure of relaxation, a gentle island breeze,  
Melodies of tranquility, rustling through the trees.

Big Pine Key, a refuge for creatures small,  
Where nature's guardians protect them all.  
Spot the tiny Key deer, delicate and rare,  
As they roam amidst the pines, with utmost care.

Key West, the crown jewel of this tropical retreat,  
Where colors come alive on every vibrant street.  
Duval's lively spirit, where day blends into night,  
Celebrate life's joys, as the sun bids us goodnight.

Where locals relax with a beer while they laugh,  
At the jokes and cartoons in the Coconut Telegraph.  
Loving stories on people they meet everyday  
The Key's folks are "good folk" - it not just cliché.

And as the sun sinks beneath the horizon's embrace,  
Casting golden hues on this idyllic place,  
The Keys, a haven where dreams are found,  
Where memories are crafted, forever to astound.

Thanks to Karen Beal for the submission

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