

WHAT MAKES ME SMILE?

By Joan Mish

This is a ceramic tile that someone gave me for my birthday a few years ago. I put it right outside my bedroom so I can see it often.

“You never LAUGH too loud
DANCE too long
SING too loud
Or LOVE to much”

I love thinking about this topic. Unfortunately when I am alone so much I don't smile or laugh as much as I usually do. But I do smile behind my masks when I am walking outside. One of you mentioned that you can notice a smile in people's eyes. I have been looking for that lately. I'm not sure I can see it yet!

Another sign I have posted on my hallway door is:

Be SILLY
Be HONEST
BE KIND

My husband's niece sent that to me a few months ago. That too causes me to smile when I enter my apartment.

As we approach Father's Day I have been thinking about my dad and it brings a smile to my face. And any husband who was such good dad also. I have been lucky to have been in such good families.

Smiling is such a heart-healthy thing we should do more often.