

A Moment of Wellness



Best Kept Secret

By Amaryllis Sánchez Wohlever, MD

A few weeks ago, my husband took me on the best date ever! We took a day trip to Merritt Island. Have you been there? Now I understand why it's one of his favorite places. After exploring by car, we arrived at “the perfect spot” he'd advertised eagerly, knowing how much I love nature. As we stepped outside, I realized we were alone in a small paradise — surely one of the best kept secrets in Florida.

First, I saw two manatees, those awesome creatures with no preys despite their size and power. They are huge and totally peaceful and move slowly, gently; they're hardly even noticeable in their lack of haste. Their impact on my inner being is remarkable. Invariably, their unhurried demeanor slows me down. Watching manatees settles my soul.

I would have been satisfied with these quiet visitors, but as I kept looking out over the Indian River, a gray fin sliced the

water. Not far from the manatees, dolphins, too, had come near to shore, presumably seeking a midday snack. They brought a light playfulness to the serenity of the manatees. Together with the sights and sounds of egrets, herons, pelicans, ospreys, and a colorful diversity of birds, I felt deeply grateful for a day outside in the beauty of nature.

But this is Florida, and a trip to Merritt Island would be incomplete without a louder sound. A boom, in fact! As we set out to return home, the drawbridge was up and not dropping, and we learned a rocket was about to launch. Thrilled, we returned to our quiet spot to observe a man-made rocket show off what humanity can accomplish when we work together. And it was spectacular.

Announcers counted down with anticipation until the ground shook, and a rumble filled the air waves as the rocket took



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flight — a ball of fire in the sky. And from the humans who gathered to watch... awestruck silence. We stood together enthralled by the entire landscape — dolphins and cranes and spacecrafts!

What a day. What a state. What a world!

Nature rewards those who take time to be in it. Let's not miss its beauty, its surprises, and the peace and joy this brings.

Your Wellness Moment: When was the last time you had a day like that? Consider getting in the car to explore our state this holiday season and create some memories with your loved ones, a special friend, or by yourself. You'll be so glad you did!

Resources

- [What's Going Well?](#)
- [Finding Joy through Service](#)
- [Mindful Living in the Pandemic](#)
- ['Mental' Health is a Whole-Person Matter](#)

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