

# Mountain Democrat

January 7, 2019  
PLACERVILLE, CALIFORNIA

## Mental Health Insights: Expectation

By Marcia Rose

Another year is coming to a close and once again I have not accomplished all of my dreams for the year. I actually thought by now I would have completed all of them, but I guess I was overly optimistic. Don't get me wrong, I have fulfilled many of my wishes, yet so many are still in limbo waiting for the right time, the right person or more money. I suspect that isn't too unusual.

I have come to dread January. The stress begins as the ball falls in New York City and the fireworks fill the sky. I should be happy and excited, but I often see my failures and lose sight of my successes.

By February my joy begins to surface along with the desire to lose weight, go to the gym and eat veggies. Soon there is the welcome relief of less stress and more happiness.

What I have learned over the years is that expectations can have a downside. Each week I face a group of wonderful people who come to class seeking out direction and help with facing their mental illness. It does not matter if it is a new year or a hot August night. They come looking for hope and direction.

When dealing with any chronic illness, no amount of wishing or expectation can lessen the day by day management of that illness. The suspicious eye of outsiders watching with expectation can be painful. Those family and friends are hoping today will be better while wondering if their loved one is taking their prescribed medication. Watching the struggle of that loved one, it is often difficult to hope that the New Year will bring changes.

The wonder of it all is that we have today, and every day is a fresh start. Today we can resolve to do better, laugh more and find better ways to look at the world.

Each week I face a group of wonderful people, and each week I tell them that they are not alone. Each week they know they are not alone. We face each day together and look forward to our next day of opportunity to do better. What an amazing way to live.

As of Jan. 1, 2019, we have changed our name to Mental Health Insights. We are the same organization focusing on all mental illness.

Mental Health Insights offers weekly classes at 7 p.m. on Mondays at Green Valley Church, 3500 Missouri Flat Road, Room 304, in Placerville. Classes are \$5 per person.

For more information, visit [mhinsightsedu.com](http://mhinsightsedu.com), email [trust@mhinsightsedu.com](mailto:trust@mhinsightsedu.com) or find us at [facebook.com/mentalhealthinsights](https://facebook.com/mentalhealthinsights) or [twitter.com/mh\\_insights](https://twitter.com/mh_insights)