

# Mountain Democrat

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## Mental Health Insights: What will make you better?

By Marcia Rose

I heard this question raised during a TV advertisement. The wording intrigued me and I asked myself that very question. But I had no idea what would make me better. Then came a feeling of personal condemnation. If I could do better, what was I doing wrong? Ultimately, I realized I didn't like the question at all.

Childhood memories came flooding back of being told I was not good enough. So I changed the question to, "How well are you doing; is there anything you'd like to change or improve?"

At class the following week, I asked those in attendance which of the two questions they liked the most. It was unanimous, "How well are you doing; is there anything you'd like to change or improve?"

Each person felt as I did. The first question implied judgment. It proves that our words are so important. It is not always what we say but how we say it.

When dealing with mental health, remember that listening, lending a kind word or giving encouragement goes a long way.

We at Mental Health Insights educate, encourage, support and believe in each individual who attends our class whether it's the person with the illness or a family member.

Marcia Rose, founder and CEO of Mental Health Insights, formally Bipolar Insights/Mental Health Educational Center, can be reached at [trust@mhinsightsedu.com](mailto:trust@mhinsightsedu.com) or [mhinsightsedu.com](http://mhinsightsedu.com). Weekly classes start 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).