

Sometimes it is Hard to Stay Optimistic

When I think of the word “optimist”, the first person that comes to mind is my dad. He’s not the rainbows and unicorns kind of optimist (“*The glass isn’t empty, it’s full of air!*”), but rather the more rational kind (“*I know it’s raining, but we have umbrellas and jackets so we will be fine!*”).

Over the years, I’ve seen him face the numerous obstacles that come from running a business, as well as the myriad of maintenance and mayhem that comes from having kids, pets, and an older home. Every problem had a solution and if my dad didn’t already have the solution, he was optimistic he could find it...that is until last summer, when he was diagnosed with cancer. For the first time in my life, he seemed uncertain of the outcome.

Facts vs emotions.

My dad believed even if someone lived a healthy lifestyle, if you lived long enough you are going to face a serious health issue at some point. He also had data from his doctor that showed cancer survival rates are extremely high and new treatments are being introduced regularly. He even knew several friends and family members who had successfully battled cancer. He understood these facts, yet it didn’t stop the emotions of fear and anxiety from seeping through.

Is this a normal side effect or something else?

When my dad started his treatment plan, the doctor gave him two lists. One was a list of typical side effects to be aware of and the other was a list of potential serious issues to look out for. What made it complicated, however, was there were some symptoms that were on both lists. Is the fever because of the treatment or is the fever a sign of something worse?

Sometimes it can be difficult to remain optimistic.

My dad knew his odds were very good, yet there were days when he was nervous. The doctor, the patient, and the family were all optimistic about the treatment plan, but that didn’t stop doubt from creeping in when setbacks occurred. Talking to his doctor about how he felt and confirming he was staying on course were two actions that helped my dad during this time.

Here to help.

It doesn’t matter if the uncertainty is related to health, family, or financial issues, the more stressful the situation, the harder it can be to remain optimistic. I know it is a difficult time to be an investor right now with record inflation, rising interest rates, and a roller coaster of a stock market. I also understand today’s newspaper headlines seem to weigh more on our emotional scale than the volumes of available history books. If you have any questions or if you’d like to go over your accounts to confirm you are on the right course, please call me. My team and I are here to help.

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