

My lone battle

A part of my soul is dead, and the other half is dying a slow death. Amid such painful existence, how do I breathe every day and carry on with my duties each day? It's a question I ask myself continuously.

Depression is a personal fight, people urge you to share, in fact, sharing the pain is the ultimate cure for depression. Yet, there are days when you just don't feel like opening your eyes, let alone getting up from the bed and running the daily errands.

Maintaining the day to day routine becomes a chore; yet for me, someone who is a mother, a wife, and a daughter, not to forget a professional; how do I fight my desire to not do a thing and brood while being confined in this dark tunnel that I am currently in? The walk inside my head is so long and dark that sometimes I truly want to find another door and walk into a happier dimension.

But there is no denying the reality. You cannot escape your present state without actually confronting it, holding it by the neck and pushing it out of your mind. Because for me, the day is waiting. I need to tend to my child's needs, let the cook know the day's menu, inquire about the doctor's appointment for my mother; fix the photoshoot date, arrange the meeting, and fill my magazine pages.

Me being a responsible adult, do I have the time to sit and talk my way out of my depression? I know that there are so many like me, middle-aged woman, housewives, professionals, who are fighting the ailment and at the same time, maintaining real life without a glitch. It is taxing to play-act that you are

normal when clearly nothing in your life is anywhere near normal.

I am brooding, I am worried, I feel tensed, these are my normal emotions that I can handle. But I don't know how to handle depression, which is not a make-believe fancy nuance that will go away once the fad is over. No, you need to have the strength to work on it.

There are days that are so dark and gloomy, instances when ending the life seems the only plausible way out, there are times when you are agitated and even seeing the face of your loved ones trigger angst in you, there are times when you feel like blaming the entire universe for conspiring against you. Yet, there are days when you feel you can do this, you can find the way out, see light at the end of that dreary tunnel.

The constant swinging of the emotions, erodes your sensibility and there are times when you find yourself shrouded in lonesomeness and dejection; strong enough to think twice about going on. But like I have mentioned, depression is a reality and you need to go to a counsellor, a psychotherapist to find your way out of that yonder.

Today of all days is a good day to confront your demons and thrash them out, even if the euphoria lasts only for a day or two. Get out of bed, water your plants, tend to your favourite ferns, see how the monstera leaf is curling its way into a frond, play with your pets, make your favourite dessert, better still, try your hand at that London Cheesecake recipe by Nigella Lawson, watch a series — The Politician or Peaky Blinders. Try and take your mind off that hurt, that

wound, which never seems to heal.

Depression needs to be tackled. Seek help, even if you think things like you can fight it by yourself, it will go away, or all you need to do is face the day against your will. Trust me, depression lingers on and eats at your soul, slowly extinguishing the fire inside, until there is only a flicker of your past self.

As we gear up our multimedia section, we promise to upload relevant videos every week complementing our stories in print. This week Star Lifestyle brings to you a unique Eid catalogue where our celebrated local designers are showcasing their Eid collections. Also, this week we have amazing summer styling video by our resident stylist Sonia Yeamin Isha. Do not forget to view the latest trends.

Keep out your watch for Lifestyle Talkies dealing with subjects from managing household finances to dealing with health issues. We also have Lifestyle Videos tending to a lighter aspect, like gardening tips to latest styling trends. You can also send us video suggestions to lifestyleleds@yahoo.com on topics you'd like to know more about and we'd try our best to accommodate.

Happy Viewing!
Happy Thoughts!

— RBR

Simple elegance from Monereen

Online designers and boutiques are aplenty these days, and fashion forward individuals are finding it easier than ever to browse from one brand to another, while shopping for a unique look. As easy as that sounds, it is equally probable to get lost in the cookie cutter designs, and cheap clothing that don't last beyond a season.

Back in late 2018, with a view to provide truly unique, limited wear for women, Monereen began its journey. Founded by Aambereen S Zaman, the brand strives to provide customised options for kurtis and kameez sets with just the right touch of simplicity. With exclusive and limited time designs, Monereen has its own set of loyal followers. Aside from customisations, Zaman's brand also relies on feedback and suggestions to incorporate into their offers.

Despite the ongoing pandemic and the difficulties, Monereen's Eid-ul-Azha 2020 collection bears the brand's signature look of subtlety with karchupi designs. This season, as staying and working from home has become the new norm, Zaman has focused on Chikan fabric that's all about comfort while being dressy. The kurtas are ready to wear with a wide variety of customisation options which Zaman and her team are ready to provide upon request. Bearing the tagline, "Everyday wear with an ethnic flair" Monereen's latest collection is one that hopes to make dressing up for the upcoming occasion a little bit easier.

For more information, visit www.facebook.com/Monereenbd and www.instagram.com/monereenbd/

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Take part in stimulating debates. Find ways to entertain yourself. Keep your opinions to yourself. Your lucky day this week will be Friday.



TAURUS (APR. 21-MAY 21)

Put your thinking cap on. Help out a good friend. Don't let your emotions take over. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUN. 21)

Take full advantage of your capabilities. Follow your gut feeling. Try not to hurt someone's feelings. Your lucky day this week will be Sunday.



CANCER (JUN. 22-JUL. 22)

Don't miss the bigger picture. Don't put pressure on your partner. Your mind will be wandering this week. Your lucky day this week will be Monday.



LEO (JUL. 23-AUG. 22)

Do the things you enjoy. Find creative projects to undertake. Secret affairs will only lead to deception. Your lucky day this week will be Friday.



VIRGO (AUG. 23-SEP. 23)

Take care not to lose any belongings. Avoid getting into heated arguments. Opportunities for romance will flourish. Your lucky day this week will be Sunday.



LIBRA (SEP. 24-OCT. 23)

Don't miss out on travel. Take time to visit loved ones. Be extra careful this week. Your lucky day this week will be Friday.



SCORPIO (OCT. 24-NOV. 21)

Business ventures can earn you cash. Make changes to your home. Self-deception regarding relationships will be a problem. Your lucky day this week will be Monday.



SAGITTARIUS (NOV. 22-DEC. 21)

Deception will lead to disputes. Take interest in your partner's accomplishments. Look into projects that utilise your potential. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

Take a step back. Dealing with friends can get difficult. Let your thoughts be known. Your lucky day this week will be Sunday.



AQUARIUS (JAN. 21-FEB. 19)

Romantic opportunities could be misleading. Your family can be difficult this week. Spend on what you love. Your lucky day this week will be Tuesday.



PISCES (FEB. 20-MAR. 20)

Share the blame. Moneymaking ventures could be extremely profitable. Control your temper. Your lucky day this week will be Monday.