Write to Mita



SHAHEEN ANAM



Dear Mita,
My cousin has a boyfriend and he is a bad person. He drinks and gets into fights with other guys. He once demanded an expensive thing from me but I refused to give it to him. He didn't make a fuss and I thought everything had been resolved. However, a few days back he asked me for money, stating that he was in danger. I am a bit scared of his anger and even spoke to my cousin about him. She told me that if he ever came to hit me, she'd protect me from him. After taking her advice, I spoke to the guy and told him that he can't continue with this kind of behaviour. He apparently is not well these days, and I am afraid he'll come to me again, demanding monetary or emotional assistance. I don't know what to do. Please help me.

Scared

Dear Scared,
I don't know why you are scared of this person. He is your cousin's boyfriend and she should deal with him. You should have nothing to do with him knowing that he is not a good person. Avoid him if you can and if he becomes a nuisance then report him to someone with authority. You don't have to give him any money or emotional assistance. He is not your friend; in fact your cousin should get away from this destructive relationship. Remember, being scared makes one immobile which is not healthy at all.

Dear Mita,
I am a 26-year-old working woman and I think I may be suffering from a stress disorder. It takes very little to set me off, and I get very anxious about the smallest matters. I can't let things go as even the most trivial issues stay with me for the longest time. I have been to a psychiatrist regarding this and she had prescribed some pills to me without really telling me what might be wrong with me. Moreover, the medicines are only working on a very superficial level, as even though I feel calmer after taking them, the depression and anxiety doesn't totally wear off. I've spoken to my doctor about this but she just says to continue with the meds. I really don't know what to do.

Severely Depressed

Dear Depressed,
If the doctor has diagnosed you with Stress Disorder Syndrome then you do need medication. However, sometimes we are too quick to give a medical name to a symptom. You need to get to the bottom of what is bothering you. Think carefully about the different situations under which you feel stressed out. It might be job related or some personal issue, you will have to do some soul searching. The best way to avoid stress is to divert your mind to something else or take up a hobby that will occupy your mind and body as well. I know it is easier said then done but remember, humans are capable of great strength and resilience. If you put your mind to it you will be able to do it.