

RELATIONSHIP EXPLAINED

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Relationship Matters: Discussing psychological problems

Our relationships and how we navigate them keep evolving with the times. Often, we find questions or worries so personal that they can only be shared with a stranger, but any random stranger is no real solace! Nor is the advice safe. With that in mind, Star Lifestyle brings to you a brand-new relationship advice column from certified experts. This hopes to tackle the host of worries, questions and forks in roads of the relationships plane that includes the personal, professional to psychological.

Read on for insights, and shoot us your concerns, even anonymously at lifestyleds@yahoo.com, or send us a message on Star Lifestyle's Facebook page.

"I have been married for 3 years now. Recently, I found my husband chatting on Facebook with his former lover. They often talk over the phone too. I believe my husband is cheating on me, and the thought is just killing me. Should I talk to him about this? How should I address this topic? Please let me know."

To begin with, thank you for your question. It's been a tough time for you and it's hindering your relationship with your husband. Being cheated on can make you feel isolated and alone. You mentioned that you now have a three-year marriage. So, my first question will be how did you find out? Did you see it from your husband's phone or did your husband share that with you? My second question is, what was your



response when you became aware of this? Did you simply ignore those things, or did something happen at that point? Now, we come to your question. You could take it up with your husband. But make sure this conversation keeps happening between the two of you. You might begin by sharing feelings, and sharing what you feel when he talks or chats with his former lover. You may find yourself hurt, lonely, and betrayed. So, you need your husband's assistance to reduce those unwanted feelings. How could he help you in this case? We can mention that his conversation has affected your relationship and marital life. Give him a chance to talk and explain the whole situation. You should listen to him actively. After getting an answer from your husband,



you can decide on what you need to do. At this moment, numerous negative thoughts might come to mind and you might feel overwhelmed to solve this problem.

Remember that it's okay to take your time to heal and trust your process because your feelings are unique to you and your life.

"My wife has mental health issues. I was not aware of her bipolar disorder when we got married. The last time my wife went to see the psychiatrist was before the pandemic. She has been taking the same medication for the last 2.5 years. Although she says she feels fine, I have recently observed some changes in her. How can I convince her to go see her Dr?"

— Najmus Sakib

Dear Sakib, I appreciate your concern for your wife and her mental health. It would be helpful if you could share how long ago you were married? You mentioned that your wife was diagnosed with bipolar disorder. Currently, she is on medication and refuses follow-up checkups. You also mentioned that you found some changes that concerns you. I would like to know more about the changes. Does she take her medicine regularly? Because medication is mandatory for her recovery. Besides this, counseling can also be helpful for her. You could discuss this with her psychiatrist. To convince her, you could show that you care for her and that her mental health and well-being are a concern for you. You could also share how her illness affects your relationships. As she has been taking the same medication for the last 2.5 years, she might have some serious dependency or health issues which also makes you worried. Try to share how you feel if she visits the psychiatrist for medication. Never forget to give importance to her feelings. What stopped her from going to the doctor? Is there any issue that she wants to share? Listen to her carefully and understand her properly. Be more empathetic to her. Also, you can separately discuss with a psychologist to convince her to take her to the doctor.

Photo: Collected

#HEALTH & FITNESS

For a restful weekend

Does a feeling of dread and anxiety drown you the afternoon before a new work week begins? If not, consider yourself lucky, for a lot of people do feel anxious, irritable, fearful, and restless on Saturday/ Sunday evening, depending upon the day work week begins where you live.

According to research carried out by LinkedIn in 2018, 80 per cent of American professionals worry about the week ahead of Sundays. In the West, this is known by different names; Sunday syndrome, Sunday blues, Sunday sadness, Sunday scares, etc. The feeling is just the opposite of what you feel Thursday or Friday afternoon (again depending upon the day your work week ends) when you look forward to the weekend. The thought of weekend fills most of us with euphoria!

Feeling Sunday blues, I will call it Saturday blues to make it more relatable to my readers in Bangladesh, is not uncommon at all. If you feel the blues, do not think that you are the only one feeling it. There are a few things, however, that

you can consider doing to beat this sinking feeling that overwhelms you Saturday afternoon and evening.

Enjoy a relaxing-fun activity

Do some relaxing, fun activities at home with family or alone. Choose something that will help you unwind; make you smile and laugh. It could be playing board games, watching a good movie or your favourite TV show, listening to music, journaling, tending to plants, or even preparing a dessert to relish after dinner.

Do not check work email

Unless you are on call or expecting something urgent, do not check your work email on the weekends. You are not supposed to be working on the weekends, rather rejuvenating yourself so you can give 100 per cent at work on weekdays. Therefore, on a Saturday, stay away from checking your work inbox or talking about work on the phone.

Meditate and exercise

To declutter your mind, consider

meditating, exercising, or even walking for 30 minutes or more on a Saturday afternoon or evening. You will see that you are beginning to feel refreshed and relaxed right away.

Reflect

Instead of feeling dreadful about all the things you could not finish last week, and the tasks you will need to complete next week, reflect upon all the things that you completed successfully over the past week. Think about all the things for which you deserve a pat in the back. Instead of focusing on what you 'cannot,' focus on what you 'can' and you 'will.'

Sleep well

On the weekends, we tend to wake up and go to sleep late. However, having a sleep routine is important, weekday or not. You will see that when you have a fixed time to go to bed, it makes going through a hectic work day so much easier. On the weekends, stick to your weekday sleep routine. Yes, there will be weekends when you will need to stay up late because you have, for

instance, a get-together with friends or family. That is fine, but do not make late night hanging out with friends a regular activity, especially on a Saturday evening.

Make sure that your bedsheet and pillows are clean and comfortable. Put away your gadgets and switch off the TV at least an hour before you go to bed. Last but not least, do not eat or drink right before you sleep.

The world we live in today expects us to work, work, and work some more. Today, we work so much, but relax so little. The constant pressure that we feel upon our shoulders to chase money and success leave us drained at times. Many of us reach a point where we are terrified or plain sad at the idea of going to work because we know that it is the beginning of just another rat race. However, it does not have to be this way. Remind yourself to enjoy nature, simple living, and family time. Invest in yourself and your well-being; you only live once, after all.

By Wara Karim