

BREAK-UP KE BAAD

A break-up breaks down a person emotionally and few are able to deal with it positively. **DR SAMIR PARIKH** lists some ways off letting the relationship go

ACCEPT REALITY

Do not be in denial. When a relationship goes through a break-up, it tends to become difficult for the couple. It is important that one accepts reality. Even though transition takes time, denying the truth only prolongs distress.

NO-BLAME GAME

The break-up of a relationship cannot be blamed on one individual. Two people make a relationship and it is both their efforts that can either keep the relationship going or lead to it breaking up. Blaming the other person worsens the turmoil being experienced. It is prudent to part ways amicably.

FAMILY SUPPORT

Coping with a break-up can be difficult and many things serve to be a painful reminder of the relationship that was.

Having the support of family and friends helps one cope in an effective and healthy manner. It helps to talk to others and gain alternate perspectives.

TAKE CARE

Do not let your lifestyle be affected, take care of yourself. It is easy to allow the changes that have taken place to affect one's routine and lifestyle. However, this impacts moods and

thoughts negatively. It is essential to take care of one's self and maintain a healthy and positive lifestyle.

EXPERT ADVICE

Talk to an expert if you are unable to cope. If things seem to be piling up and with each passing day coping gets tougher, it is imperative that you talk to an expert. The expert may be able to help generate ways of dealing with the distress.

(The writer is Chief Psychiatrist, Max Healthcare)

