



# Don't be a **silent sufferer!**

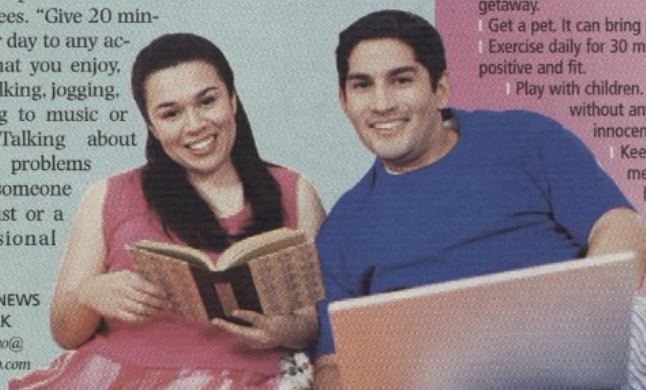
*A few simple tricks can keep you feeling happy says Norbert Rego*

**V**IKAS MEHRA, 35, who lay in hospital with paralysis of all four limbs, went home walking after a month. How? In hospital, he asked his wife to paste simple recovery instructions to himself on the wall next to his bed and focused on it all day. "Along with my medical treatment, my positive attitude and strong willpower worked," says Mehra. "Don't be a silent sufferer, share problems with loved ones to prevent ill-health," he advises.

Difficult life circumstances, work pressures and familial issues surround most of us. And these frequently become a potent source of misery and distress, leading to mood swings, lack of energy and unhappiness. In such a situation, it is essential to discover diverse ways of re-engaging with life. "The most important thing is to try activities that make one happy, and engage the support of family and friends," says Dr Samir Parikh, HOD, mental health and behavioural sciences, Max Healthcare, New Delhi. "We should remember that we have a choice as to how we react to situations. We need to check our three

vital signs — thinking, behaviour and attitude. We can prevent ill-health and lifestyle diseases by practising a positive attitude and accepting change with open mind," opines Dr Leena Phadnis, HOD, physiotherapy, Wockhardt Hospital, Mumbai. Aesthetician Dr Nitu Sharma agrees. "Give 20 minutes per day to any activity that you enjoy, be it walking, jogging, listening to music or yoga. Talking about your problems with someone you trust or a professional helps."

■ TIMES NEWS NETWORK  
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## 10 WAYS TO BE HAPPY

- | Learn a new language, join dance class or cultivate a hobby.
- | Mark some time of the day as me-time (exercise, read a book or listen to music) and us-time (spend time with your family and friends).
- | Make everyday a special occasion and wear clothes that make you feel confident.
- | Ensure at least seven hours of good, quality sleep every day.
- | Go for regular outings with family and friends. You can go for dinner, movie or even head for a weekend getaway.
- | Get a pet. It can bring much happiness in your life.
- | Exercise daily for 30 minutes. It will make you feel positive and fit.
- | Play with children. Become a child again, laugh without any inhibitions and enjoy the innocence of childhood.
- | Keep sometime aside for meditation and spirituality. It helps absorb the stresses of life more easily.
- | Volunteer for community service.

(Inputs Dr Ashok Seth, chairman, cardiac sciences and chief cardiologist, Escorts Heart Institute & Research Centre, New Delhi)

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