



# ask **Dr Roshan Jain**

Your *mental and emotional health* questions answered

**Q I am a 31-year-old married man with two kids. My problem is I am not able to stop thinking, throughout the day and night. There are times, when I leave office and do not realise how I reached home. My mind drifts all over the place. I feel tired with such a state of mind. I can't pinpoint any specific worries, but find myself worrying about everything. Any advice appreciated.**

I can assure you that you are not the only person who has had this troublesome experience. Many complain about restless mind, difficulties in concentration and associated forgetfulness. Increasingly, people find it hard to hold their concentration on matters at hand, as their mind is wandering into the past, often interpreting or regretting what should have happened; or into the future, worrying about what might happen. In this process, we are losing the 'precious present'.

In the fast-paced life, we are surrounded by unprecedented distractions. The mind goes into auto mode processing information superficially. Perhaps we are being robbed of that ability to experience the events or moments as they are meant to be experienced. In other words, we are possibly living mindlessly!

Getting a work-life balance would be a good start. Reduce travel, work load and dedicate time to finer aspects of life and relationships, and you would feel rejuvenated.

Live the life now. Relax and practise simple meditation called mindful breathing, wherein, concentrate on breathing and reduce the drifting of mind as far as possible. It's a way of cultivating the ability to hold the mind's attention on what is desired, thereby enriching the experience. A simple 5 to 10 minutes of meditation would reduce the restlessness of mind and shift you from a state of mindlessness to mindfulness (paying attention in the present moment on purpose).

**Q I delivered our first healthy baby via caesarean section. This is a time to rejoice, but I feel otherwise. I am moody, tearful and suffering from poor sleep. I fear I might cause harm to the baby, therefore cautiously care for him. Our gynaecologist feels I may have postnatal depression. Kindly advise.**

You are quite right. Parenthood is a time to rejoice, but more importantly, feel well, as you are required to care for the young one. New mothers usually experience mood changes ('baby blues') two to four days after the birth. This is so common (seen in over 75 per cent mothers) that it's regarded as normal.

Commonly noticed symptoms include emotional outburst for little or no apparent reason. There can be difficulties in sleeping (even when the baby lets you) and reduced appetite. Some women may feel anxious and doubt their parenting skills. Doctors believe that baby blues may be due to changes in hormone levels or is brought on by the hospital experience.

Baby blues usually resolve within few days and only require supportive intervention.

If the depression goes on for long or becomes worse, it may be turning into Post-Natal Depression (PND) - a depressive illness that affects between 10 to 15 per cent of new mothers. Symptoms are similar to depressive illness, and include depressed mood with loss of interest, excessive fatigue and reduced sleep with early morning wakening - all present for at least two continuous weeks. It is important to recognise and treat PND, as it can have a negative impact on mother-child bonding and emotional development of the child.

I suggest you see a psychiatrist as soon as possible for specialist advice and support, and if necessary, initiation of medicines deemed safe for a breastfeeding mother.

Our doctors will answer all queries on emotional and mental health. Got mind trouble of your own? Drop us a mail at [bpositiveQA@apollolife.com](mailto:bpositiveQA@apollolife.com)  
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