

Q & A Mindline



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Q My 24 year old daughter is working in an IT company and living as a paying guest in Bangalore. She is eating a lot and hence is putting on weight. She is also quite sensitive. Please advise me on ways to overcome emotional eating, so that I can help her.

Emotional eating or comfort eating is a way of using food to make yourself feel better. We all have done it sometime, but are unaware of it. Comfort eating can be triggered by a variety of reasons including stress, boredom, frustration, anger, loneliness and depression. Sometimes, a person relies on a quick boost of energy from the food consumed just to cheer oneself up or as a reward when something is accomplished. If this is done repeatedly, it can turn into a learned behaviour or a coping style. It can also result in a close association between food and emotions.

To control this, you need to start with a general health check and a recording of the person's BMI. This can act as a baseline record and subsequent

comparator. I would also be advisable for your daughter to write a stress-journal; recording emotional reactions in a variety of situations. Reviewing it will help her identify trends and situations that press her 'comfort eating' button.

Q I am a 38-year-old married woman separated from my husband over 10 years ago. Despite his best efforts, I have refused to divorce him, as I want him to accept his mistakes and not just get away from them. Our 17 year old daughter lives with me and often gets agitated and aggressive. I feel frustrated and depressed. Please advise.

It seems you and your daughter harbour pent-up emotions and resentment, possibly due to a sense of rejection and abandonment. Overtime, these emotions if unattended, will develop into a depressive state, manifesting in the form of unhelpful anger and vengeful feelings.

Divorce was and is still considered one of the most traumatic experiences in a person's life, leaving an emotional and psychological scar that lasts a lifetime. The impact of parental separation and divorce may vary for families and their dependents. And indeed, the primary manifestation may be a deterioration of the relationship between parent and child. This could either be because of the mother becoming preoccupied with her adjustment problems or because the father is not allowed enough access to the child.

I would advise you both to have a one-to-one counselling session and therapy to become aware of your feelings. This will facilitate a confiding relationship and adaptive expression of emotions. Additionally, consider marital therapy to bring about a healthy closure to your complicated marriage.

Ask your queries at bpositiveQA@apollolife.com