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I UNDERSTAND THAT YOU WENT THROUGH A TIME OF DEPRESSION YOURSELF. DO YOU REMEMBER HOW YOU CAME OUT OF THAT?

So my journey to depression was really very hard. Coming out of it, initially, I went to doctors and I started taking medicine to help me sleep for a good number of hours. After a certain period of time, I realized that it wasn't working. Sleeping all day and just waking up to eat was just difficult to maintain. Then I tried a coach. I appointed a life coach for myself and she really helped me come out of depression and lead the life I am leading now.

WITH THE INCREASED STRESS OF DEALING WITH COVID-19 AND THE ISOLATION THAT COMES WITH IT, WHAT DO YOU THINK PEOPLE CAN DO TO KEEP THEIR SPIRITS UP?

To deal with stress during COVID-19 and isolation – you have to remember that you have to isolate yourself socially, not emotionally. You have to be attached to your near and dear ones emotionally more rather than physically. If you have to do something, try to create a positive zone for yourself. You have to make space in your head and thoughts in your mind that are positive to boost you to do something that could be seen as unachievable, do something new and do something challenging. Take the next step to achieve the challenge. Do not sit at a point where you feel like you are not stretching yourself. Push your limits. Be there emotionally for your family. Hobbies are also very important so work on something that you have always wanted to do. Best thing is that you should spend “me” time and develop the real person inside you.

WITH THE ENTERTAINMENT BUSINESS TODAY, SOCIAL MEDIA IS SUCH A HUGE PART OF CELEBRITY LIVES. HOW DO YOU THINK TROLLING CAN AFFECT SUCH PUBLIC FIGURES?

Public figures are aware of the likes and dislikes of certain people. Every celebrity understands that whatever they do may be appreciated by some people but not be appreciated by others. They have that mindset that they do not look for one hundred appreciation for whatever they do. They are usually comfortable enough that they cannot make everyone happy. While it affects them, they are usually trained in such a way, so the side effect may not be that big that it plays a huge part in their mental health.

CAN NEGATIVE COMMENTS ALSO BE TRIGGERING FOR OTHERS READING SOCIAL MEDIA POSTS AND THE SUPPORTERS OF A PARTICULAR CELEBRITY?

If you talk about a topic or a person who you are connected to, emotionally or physically, so that will definitely impact you and you may not feel good about it. If something negative is happening to someone you follow or someone you support, it may create triggers for your own mental health.

DO YOU FIND THOSE IN THE LIMELIGHT MAY BE MORE PRONE TO MENTAL HEALTH ISSUES? WHY OR WHY NOT?

I think a huge big myth around mental health is that it is only for certain people – it is not limited to a profession, age, gender. Mental health issues can arise in anyone's life. There is not one particular profession or gender which is more prone to such issues. It can happen to anyone. 📌