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JUN 2014

NEW LOOK!

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24 WAYS TO YOUR BEST BIKINI BODY

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THE SPECIAL WO...
WE COUL...
DO IT WITH

STYLE MAKE

What men re...
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WHY *women* CHEAT

"I still have a wild side"
WHY WE'LL ALWAYS ADORE
Angelina

You say you'll never do it
But so did these women

YOU'VE GOT IT ALL.
SO WHY AREN'T YOU HAPPY?

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Simple supper i...
The health check...
must have to

“I had a nervous breakdown”

Ella, 45, says that unresolved grief caused her brain to ‘snap’*

“I knew I had hit rock bottom when I woke up in hospital after an overdose. My poor mother had found me collapsed on the kitchen floor and an ambulance had to rush me to hospital. I remember thinking, ‘I can’t believe it’s come to this’.

“I’ve had depression for most of my life. It all started when my father died of cancer on my 16th birthday. This grief – later diagnosed as post-traumatic stress disorder – caused huge damage to me and my family. A few months later, my mother developed breast cancer, probably due to the stress.

“Having been sent to boarding school at a young age, I learnt to not express emotion and just get on with it. I’ve always felt there’s a social stigma attached to being in therapy, so I resisted getting help for years. However, when I was 32, a friend paid for 10 appointments with a psychotherapist as a present. I was shocked, but the fact she had done that told me I really needed it. I was diagnosed with depression and prescribed antidepressants. Despite sticking with the therapy, I was still in denial about the severity of my illness and, after a while, I stopped taking my medication.

“A year later, in 2008, I was sitting in my flat in the UK and my brain ‘snapped’. That’s the only way I can describe it. It felt like something had broken and, for the next three months, I was stuck in a world that was totally unfamiliar. I couldn’t eat, sleep, bathe, drive, or look after myself. I couldn’t stop

crying or manically walking everywhere. I smoked cigarettes incessantly and lost about 10kg in a few weeks. Every morning I’d go to my mother’s house and she would find me crying in the hallway. At one point I climbed into bed with her. I was so scared that I felt I wanted to get back into her womb.

“A few days later, I went to the doctor and was put back on antidepressants and anti-anxiety medication. But the medication can take a while to work and I wasn’t able to sleep or function normally. I kept wondering

where ‘I’ had gone. And whether I would ever come back. It was during this time that I overdosed.

“I was released from hospital the next day and went to stay with a lady and her husband from my local church. This beautiful, amazing elderly couple brought me back to life.

“Now, my mental health is stable with the help of medication, although I still struggle with stress. I should be in therapy now, but my insurance doesn’t cover it and I can’t afford it at the moment.

“After I had my breakdown I was told that it was a shame there were no mental health services available 30 years ago when my father died, as having therapy when it happened could have helped prevent this long-term suffering. I believe therapy is the only way I’ll be able to work through my deep-rooted grief. I know I will always struggle with depression but that, with therapy and medication, I can manage the symptoms of my illness. I hope that by disclosing this part of my life, I can help someone reach out for help if they need to.”

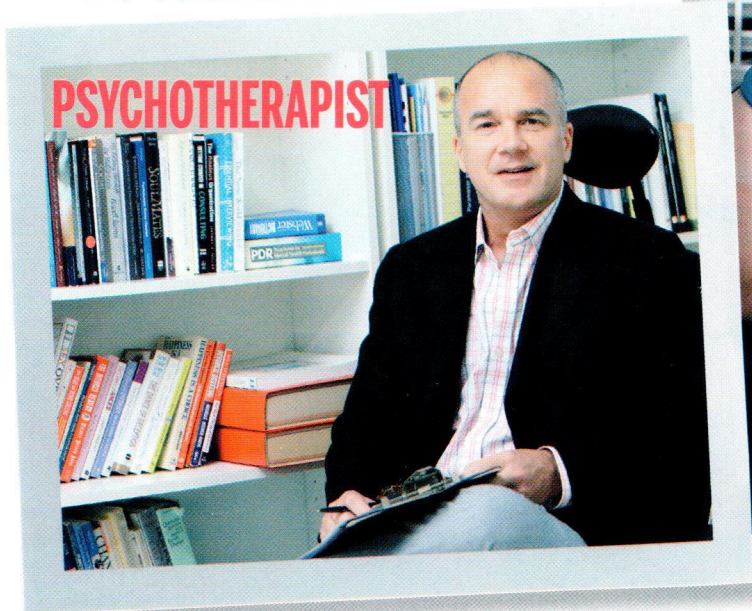
**“I COULDN’T EAT,
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OR LOOK AFTER
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I SMOKED CIGARETTES
INCESSANTLY AND
LOST ABOUT 10KG IN
A FEW WEEKS”**

THE SUPPORT TEAM

DO YOU EVER FEEL AS THOUGH YOU NEED TO TALK TO SOMEONE ABOUT YOUR PROBLEMS? HERE'S THE LOWDOWN ON WHO TO SEE AND WHY



COUNSELLOR



PSYCHOTHERAPIST

✓ You don't feel whole

JARED ALDEN

While I don't find patients worry about the stigma of having therapy, some do tend to think it's all sitting on the couch talking, with no feedback. They also worry they won't know what to say. Happily, I can confirm it's not like that.

As a psychotherapist and counsellor, I am able to make a clinical diagnosis of conditions such as attention deficit disorder, anxiety and depression.

Our aim is to prepare a patient for life so they're able to help themselves. We don't want people to depend on us long term.

Visit www.gncdubai.com

✓ You're searching for happiness

HELEN WILLIAMS

I typically see patients from all walks of life and cultures who need to talk to someone who will listen to them without judgement and offer support.

My type of counselling helps people own their pathway towards happiness and fulfilment. My life experiences, along with 35 years as a counsellor, mean I have a strong interest in relationships and in understanding the psychology of grief and loss.

Mainly I work with individuals and couples to help them with personal and spiritual development. My own personal journey – along with my years of training – enables me to assist others on their journey towards self-acceptance and happiness.

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